

Subject Control/Arrest Techniques

BLET: 10U

TITLE: SUBJECT CONTROL/ARREST TECHNIQUES

Lesson Purpose:	To present to the student basic, practical, and effective arrest techniques and subject control methods for combative and resistive behavior encountered in the law enforcement profession.
Training Objectives:	<p>At the end of this block of instruction, the student will be able to achieve the following objectives in accordance with information received during the instructional period.</p> <ol style="list-style-type: none">1. List and explain the force options.2. Describe what should be included in the narrative sections in a use of force report.3. Demonstrate the use of pressure points to control certain levels of resistant behavior.4. Demonstrate techniques of control for various levels of assaultive and resistive behavior.5. Demonstrate the use of impact weapons to control/defend attacks.6. Demonstrate the ability to control, handcuff, and search an individual subsequent to arrest.7. Demonstrate weapon retention and weapon disarming techniques.8. Explain the use of aerosol/chemical sprays to control subjects or animals.
Hours:	Forty (40)
Instructional Method:	Lecture/Demonstration/Practical Exercise
Required Equipment and Training Aids:	Audio-visual classroom equipment Gymnastic mats

Subject Control/Arrest Techniques

Training and collapsible batons
Padded striking shields/bags
Handcuffs and cases with keys
Training weapons
Duty gear
Video:

Subject Control and Arrest Techniques, NCJA
(Revised January 2016)

References:

Advanced Defense Technologies. *Capsicum Aerosol Weapons Training Program*.

Archambault, Thomas. *Oleoresin Capsicum Aerosol Spray Instructor Certification Training Manual*. Bennington, VT: Mace Security International, 1995.

ASP Instructor Certification. Appleton, WI: Armament Systems & Procedures, Inc., January 1996.

Bell v. Wofish, 441 U.S. 520, 99 S.Ct. 1861, 60 L.Ed.2d 447 (1979).

Blackford v. United States, 247 F.2d 745, (9th Cir. 1957), cert. denied, 356 U.S. 914, 78 S.Ct. 672, 2 L.Ed.2d 586 (1958).

Blauer, Tony. *Spontaneous Protection Enabling Accelerated Response (S.P.E.A.R.) System, Instructor Development Program*. Montreal, Canada: Blauer Tactical Systems, 2004.

Cloutier, Dave F. "Oleoresin Capsicum." *Non-Lethal Use of Force*. Salemburg, NC: North Carolina Justice Academy, 1993, 3-11.

Coleman, Todd. "Documenting the Use of Force." *FBI Law Enforcement Bulletin*, November 2007, 18-23.

Davis, Kevin. "The Triad of Handgun Retention – How to Retain Your Sidearm and Save Your Own Life." San Francisco, CA: Policeone.com, April 26, 2007. [On-line]. Available at: <http://www.officer.com/web/online/On-the->

Subject Control/Arrest Techniques

Street/The-Triad-of-Handgun-Retention/ 21\$35847 [April 2007].

“Defensive Tactics.” *Basic Law Enforcement Training Manual*. Salemburg, NC: North Carolina Justice Academy, 1995, 18-21.

Enamait, Ross. “How to Punch – Correct Techniques for Hard Jabs Crosses, Hooks, and Uppercuts.” *Men’s Fitness*, February 2009, 140.

Florida Department of Law Enforcement. *CMS Criminal Justice Defensive Tactics - FL BRT Curriculum, High Liability*. Tallahassee, FL: Florida Department of Law Enforcement, 2008.

Floyd, Craig W. “It Ain’t Exactly Like What You See on the TV.” *American Police Beat*, Volume 10, Number 3, March 2003, 38.

Harbison, James. “Should You Use the Punch?” *Police*. September 2009, 48-53.

Headquarters, Department of the Army, Navy and Air Force. *Potential Military Chemical/Biological Agents and Compounds*. Washington, DC: Department of the Army, Navy and Air Force, December 12, 1990.

Illinois v. Lafayette, 462 U.S. 640, 103 S.Ct. 2605, 77 L.Ed.2d 65 (1983).

Johnston, Joel A. “Make a Chance.” *Police*. July 2002, 56-61.

Krav Maga Association of America, Inc. and Krav Maga Worldwide, Inc., *Krav Maga Worldwide, Force Training Division, Series 1 Instructor Manual*. Sherman Oaks, CA, 2006.

“Law Enforcement Officers Killed and Assaulted.” Washington, DC: US Department of Justice, Federal Bureau of Investigation, 2005. [On-line]. Available at:

Subject Control/Arrest Techniques

<http://www.fbi.gov/ucr/killed/2005/table14.htm> [April 2007].

Logman, Cameron. *Cap-Stun Weapons Systems*. Camden, SC: Zarc International, 1993, 1-22.

McGuinness, Michael J. "Judging Split Second Decisions." *Police Magazine*, January 2000.

Nowicki, Ed. "Spray Day." *Police*, January 1995, 36.

Reay, Donald T., Corrinne L. Fligner, Allan D. Stilwell, and Judy Arnold. "Positional Asphyxia During Law Enforcement Transport." *The American Journal of Forensic Medicine and Pathology* (1992): 90.

Siddle, Bruce. *PPCT Defensive Tactics Instructor Manual*. Milstadt, IL: PPCT Management Systems, 1994, 2-29.

State v. Smith, 118 N.C. App. 106, 454 S.E.2d 680 (1995); *rev'd*, 342 N.C. 407, 464 S.E.2d 45 (1995).

Terry v. Ohio, 392 U.S. 1, 88 S.Ct. 1868, 20 L.Ed.2d 889 (1968).

Trimmer, Reece. "Pepper Spray After Concord: Legal Issues for Policy Makers." Salemburg, NC: North Carolina Justice Academy, July 1993, 1-7.

Trimmer, Reece. "Safe Use of Pepper Spray." Salemburg, NC: North Carolina Justice Academy, 1993.

U.S. Department of Homeland Security. *Use of Force*. Glynco, GA: Federal Law Enforcement Training Center, January 2006.

U.S. Department of Justice. *FBI Defensive Tactics Manual*, 1996.

U.S. Department of Justice. *Use of Force by Police*. Washington, DC: U.S. Department of Justice, 1999.

Subject Control/Arrest Techniques

United States v. Bazy, 1994 WL 539300 (D.Kan. 1994)
(unreported decision).

Ward, Thomas W.W., Wayne Weaver, and Monty B. Jett.
Chemical Agent Research: Oleoresin Capsicum.
Quantico, VA: FBI Academy, 1989.

Prepared By:

Dave F. Cloutier
Instructor/Coordinator
North Carolina Justice Academy

Sgt. Phillip Etheridge
Dare County Sheriff's Office

Scott Futrell
Charlotte/Mecklenburg Police Department

MPO Ozzie Holshouser
Charlotte/Mecklenburg Police Department

Sgt. John Kissinger
Apex Police Department

Sgt. Kevin B. Leonard
Winston-Salem Police Department

Benny McEntyre
Shelby Police Department

John Moore
Chapel Hill Police Department

Teia Poulin
N. C. State Highway Patrol

Capt. Jerry Sennett
Charlotte/Mecklenburg Police Department

Bob Stocks
N. C. Alcohol Law Enforcement

Jody Taylor
Southeastern Community College

Subject Control/Arrest Techniques

John Trogon
Sampson Community College

Lt. Phillip M. Williamson
Wilmington Police Department

MPO Floyd Yoder
Hickory Police Department

Officer Troy Young
Garner Police Department

Date Prepared: January 1998

Date Revised: March 1998
June 1998

Reviewed By: Kathy Moore
Agency Legal Specialist
North Carolina Justice Academy

Date Reviewed: December 1998
November 2000
October 2001

Date Revised: February 1999

Revised By: Dave Cloutier
North Carolina Justice Academy

Date Revised: September 1999
September 2000

Revised By: Jon Blum
Instructor/Coordinator
North Carolina Justice Academy

Date Revised: November 2001

Revised By: John Combs
Instructor/Coordinator
North Carolina Justice Academy

Subject Control/Arrest Techniques

Date Revised:	May 2002
Revised By:	Jon Blum
Date Revised:	October 2002
Revised By:	John Combs Instructor/Coordinator North Carolina Justice Academy
Date Revised:	February 2003 April 2004 January 2005 July 2005 July 2006
Revised By:	Robert B. Yow BLET Curriculum Coordinator North Carolina Justice Academy
Date Revised:	July 2007
Revised By:	John Combs Robert B. Yow
Date Revised:	July 2008 January 2009
Revised By:	John Combs Instructor/Coordinator North Carolina Justice Academy
Date Revised:	July 2009
Revised By:	Robert B. Yow BLET Curriculum Coordinator
Date Revised:	January 2010
Revised By:	John Combs
Date Revised:	January 2011

Subject Control/Arrest Techniques

Revised By: BLET Revision Committee
John Combs
Jennifer H. B. Fisher
BLET Curriculum Coordinator
North Carolina Justice Academy

Date Revised: July 2011

Revised By: Jennifer H. B. Fisher
BLET Curriculum Coordinator
North Carolina Justice Academy

Date Revised: January 2013

Revised By: Gary Dudley
Training Manager
North Carolina Justice Academy

Date Revised: July 2013

Revised By: John Combs
Instructor/Coordinator
North Carolina Justice Academy

Date Revised: January 2014
July 2014
January 2016

Subject Control/Arrest Techniques

TITLE: SUBJECT CONTROL/ARREST TECHNIQUES – Instructor Notes

1. This lesson plan must be presented by an instructor currently certified by the North Carolina Criminal Justice Education and Training Standards Commission as a Specialized Subject Control and Arrest Techniques instructor.
2. This lesson requires lecture and demonstration on the part of the instructor and practice on the part of the student. It is recommended the student practice techniques until deemed proficient by the instructor.
3. This lesson requires performance testing. Performance testing is documented on the attached evaluation form and must be retained in the student's permanent file. Pass/Fail criteria is listed on the form.
4. Arrangements must be made for an area suitable for this type of activity complete with protective mats of 50 square feet per student.
5. Students must be in good physical condition prior to subject control/arrest training. All classes must be preceded by a period of "warm-up" and "stretching" exercises.
6. It is recommended that the lesson be taught in ten, four-hour blocks of instruction.
7. The NCJA *Subject Control/Arrest Techniques* video is designed to be viewed in segments as indicated by lesson plan instructor notations. The video is not to be shown in its entirety at one time. Instructors should have the video available during practical exercises to view as needed.
8. A collapsible baton should be used in teaching the drawing, gripping and opening of the baton. Practice batons that may be used in teaching strikes are easily constructed out of ½" PVC pipe wrapped in foam insulation and then wrapped in duct tape. The length of the ½" PVC pipe should be cut approximately 22". It is recommended that the "ends" of the pipe be "capped" with a piece of the foam insulation prior to taping.
9. Students should wear loose fitting clothing with long or three-quarter length sleeves.
10. Training weapons are to be used for relative portions of the block of instruction. "Training weapons" are props or training aids that are used in scenario-type training events. Training weapons such as polymer molded firearms and/or weapons that have been rendered "safe" to the point that they cannot be loaded and/or fired. Weapons rendered "safe" have had modifications such as barrel

Subject Control/Arrest Techniques

plugs or inserts that will not allow the loading of deadly ammunition, firing pin removal, etc. Training weapons should be clearly marked and physically inspected for each session of training as to ensure the integrity of a “safe” training environment.

11. The lesson plan typically outlines procedures utilizing the suspect’s right side. All techniques can be reversed and should be practiced going left or right. Movement against the right side of the suspect is taught because the right is usually the dominant side.
12. During student skills testing, instructors should make sure that the student can demonstrate all of the steps in each of the techniques in a smooth, fluid, and continuous motion. Students must demonstrate to instructors they can perform the techniques without stopping at each step.
13. Subject Control/Arrest Techniques Safety Rules:

Subject control techniques to be learned and practiced are potentially injurious and if performed in a haphazard manner, could result in serious injury. To minimize the risk of injury, the following health and safety precautions should be observed in training situations:

- a) Remove all watches, rings, glasses, earrings, necklaces, etc., that might be snagged during training.
- b) All floor mats and pads must be cleaned using a 10:1 (water/bleach) solution after every use. Refer to OSHA requirements for more information.
- c) No “horseplay.” Practice only what is taught and demonstrated.
- d) All techniques must be practiced slowly at first. Speed and proficiency will come with continued practice.
- e) During application of the various techniques, including those which will cause the student to be taken down or thrown, only passive resistance should be offered. Active resistance can enhance injuries and impede training.
- f) Each technique should be divided into two steps. The technique can be mastered with comparative safety by practicing the steps separately and then in sequence.

Subject Control/Arrest Techniques

- (1) Step One - This step consists of all the actions required to place your opponent in a position where he can be thrown or placed in pain by the application of pressure.
 - (2) Step Two - This step consists of actually throwing your opponent or applying pressure, so as to inflict pain.
 - g) There must be one (1) certified Subject Control/Arrest Techniques instructor for each eight (8) trainees while actively engaging in practical performance exercises.
14. To promote and facilitate law enforcement professionalism, three (3) ethical dilemmas are listed below for classroom discussion. At their discretion, instructors must provide students with each ethical dilemma listed below. Sometime during the lecture instructors should “set the stage” for the dilemma prior to taking a break. Instructors are encouraged to develop additional dilemmas as needed.
- a) A subject is very verbally abusive towards you. While handcuffed, he is actively resisting and he will not get in the car. Pressure points do not seem to work. Your partner strikes the suspect in the abdomen with a baton. What will you do?
 - b) Following a high speed chase you observe the driver of the primary chase car approach the suspect and begin to extract him by his hair pulling him out through the window. He is striking him in the head and face with his fists. What will you do?
 - c) A subject known to you and your family begins to make lewd and profane remarks about your wife and threatens your children. What will you do?

Subject Control/Arrest Techniques

TITLE: SUBJECT CONTROL/ARREST TECHNIQUES

I. Introduction

NOTE: Show slide, “Subject Control/Arrest Techniques.”

- A. During the course of their normal duties law enforcement officers encounter from time to time various levels of subject/offender resistance. The reasons for this resistance vary with each incident. Resistance can be physical, verbal, and even psychological in nature. The following material will give the student basic and practical information and skills in subject control methods and arrest techniques. Even though the methods and techniques are basic and generally reliable, continued practice beyond the Basic Law Enforcement Training level is recommended.

B. Training Objectives

NOTE: Show slides, “Training Objectives.”

- C. The number of law enforcement officers killed or injured has seen a general increase in recent years. Many of the injuries received resulted from some type of confrontational encounter. Being able to effectively control a resistive subject/offender with minimal potential injury to the officer and subject is of paramount concern. Additionally, officers need to be trained in effective methods of preventing and controlling physical attacks upon their person with techniques that will produce confidence, as well as, minimize injury to officer and subject.

II. Body

A. Use of Force in Arrest, N.C.G.S. 15A-401

- 1. Subject to the provisions of subdivision (2), a law enforcement officer is justified in using force upon another person when and to the extent that he reasonably believes it necessary:

NOTE: Show slide, “Non-Deadly Force.”

A non-deadly force option is not likely to cause death or serious physical injury.¹

- a) To prevent the escape from custody or to effect an arrest of a person who he reasonably believes has committed a

Subject Control/Arrest Techniques

criminal offense, unless he knows that the arrest is unauthorized; or

- b) To defend himself or a third person from what he reasonably believes to be the use or imminent use of physical force while effecting or attempting to effect an arrest or while preventing or attempting to prevent an escape.

The use of force by law enforcement officers is an issue of great concern to society, individual officers, and law enforcement administrators, alike. The determination of the propriety of the use of force in a particular case is often an after-the-fact, subjective judgment based on not very specific standards. State laws and departmental rules and procedures are intended to define more clearly those standards of professional behavior which will benefit the public and the law enforcement officer.

Despite what may be the public's perception, use of force situations involving law enforcement officers are very infrequent. According to a recent U.S. Department of Justice study, out of over 44 million calls for service, traffic stops, and other contacts between law enforcement and the public during 1999, in more than 99 percent of those contacts no force of any kind was used.²

- 2. For the law enforcement officer, the amount of force which may be employed in attaining the law enforcement purpose will be determined by surrounding circumstances. The U.S. Supreme Court has imposed a "reasonableness" standard to determine the propriety of an officer's use of force, which takes into consideration all surrounding circumstances.

Graham v. Connor, 490 U.S. 386, (1989)³

NOTE: Show slide, "Reasonableness ...Graham v. Connor."

"The test of reasonableness under the 4th Amendment is not capable of a precise definition or mechanical application ... Its proper application requires careful attention to the facts of each particular case, including the severity of the crime at issue, whether the suspect poses an immediate threat to the officer or

Subject Control/Arrest Techniques

others and whether or not he is actively resisting arrest or attempting to evade arrest by flight”

“The reasonableness of a particular use of force must be judged from the perspective of a reasonable officer on the scene, rather than with the 20/20 vision of hindsight”

“The calculus of reasonableness must embody allowance for the fact that police officers are often forced to make split-second judgments--in circumstances that are tense, uncertain and rapidly evolving--about the amount of force that is necessary in a particular situation.”

Note: It is important to understand that the Court in *Graham v. Connor* did not rank order or place higher importance on any of the factors listed above (i.e., severity of the crime, immediate threat, active resistance or evading by flight). When it comes to deciding on the amount and method(s) of force options, it may be wise for the officer to consider the immediacy of the threat as being most important factor.

- a) Reasonableness must be judged from the perspective of a reasonable officer on the scene, coping with a tense, fast-evolving situation.
- b) Decisions must be based on the totality of the circumstances and how they are evolving at the time of the incident.
- c) Determining the amount of force required to control a subject requires sound decision making by the officer. Crucial to this ability is the officer’s understanding of the force options, and the reasonableness of the force option(s) used.

NOTE: Show slide, “Perception.”

- 3. Essential to the officer’s understanding of force options is an examination of “perception.” In selecting force options, an officer’s perception of what is taking place is critical. Officers must look at each situation or the “totality of the circumstances” and continually assess, plan, and act. What one officer may perceive as a threat, another may not, due to any number of factors.

Subject Control/Arrest Techniques

This means that when the reasonableness of an officer's actions is being questioned, we must place ourselves in the position of that officer at the moment of decision. Reasonableness is not determined by any particular force option(s) but rather all of the surrounding circumstances that caused the officer to make the decision on the force option(s).

The elements of "objective reasonableness" are listed below and are based on the officer's perception of the subject's actions.⁴

- a) Ability/capability – Addresses the ability/capability of a subject to carry out the action or threat. This must be a logical perception.
 - b) Opportunity – Indicates that the action or threat perceived by the officer is imminent. The subject must be in a position in which they can use their *ability/capability* to carry out the act or threat.
 - c) Intent – Indicates the mental state initiating an overt act (words or deeds). Intent is initiating an overt act in furtherance of a crime or threat.
4. Under no circumstances should the force used be greater than necessary, and in no instances will deadly force be used except in the situations provided by statutory law and departmental regulations. A law enforcement officer is justified in using deadly physical force upon another person:

NOTE: Show slide, "Deadly Force."

- a) To defend himself/herself or a third person from what he/she reasonably believes to be the use or imminent use of deadly physical force.
- b) To effect an arrest or to prevent the escape from custody of a person who he/she reasonably believes is attempting to escape by means of a deadly weapon, or who by his/her conduct or any other means indicates that he/she presents an imminent threat of death or serious physical injury to others unless apprehended without delay.

Subject Control/Arrest Techniques

- c) To prevent the escape of a person from custody imposed upon him/her as a result of conviction for a felony.

The rules on use of deadly force under North Carolina law will not permit the use of deadly force against a person accused or suspected of committing a crime who is attempting to escape from custody or arrest unless his/her conduct presents an immediate threat of death or serious injury. Nothing in this subdivision constitutes justification for willful, malicious, or criminally negligent conduct by any person which injures or endangers any person or property, nor shall it be construed to excuse or justify the use of unreasonable or excessive force.

Note: This situation would primarily apply to correctional officers in preventing an escape from a prison unit.

B. Force Option Model

- 1. A force option model should be used as a *guide* for officers in their use of force decisions. It is a visual depiction of available options to the officer.

Using a very simple model indicating deadly and non-deadly force, and remove any specific options from the actual model. The reason for this is, that if a force option can be shown to fit everywhere in a model, then it doesn't belong in any particular spot.

Determining the appropriate amount of force to use when confronting a resistive subject can be problematic for the officer. Frequently, policies are ambiguous in directing the officer in the appropriate amount of force to use.

While it is certainly advantageous for an officer to resolve a confrontation with verbal direction, it is at the point where words no longer serve to de-escalate a confrontation and force must be used that many standard policies and guidelines become vague.

NOTE: Show slide, "Force Options."

NOTE: Instructors should thoroughly explain the force option model, noting that there are specific force options that occupy

Subject Control/Arrest Techniques

particular positions on the model. Instructors should explain the variety of typical law enforcement force options (in no particular order or hierarchy).

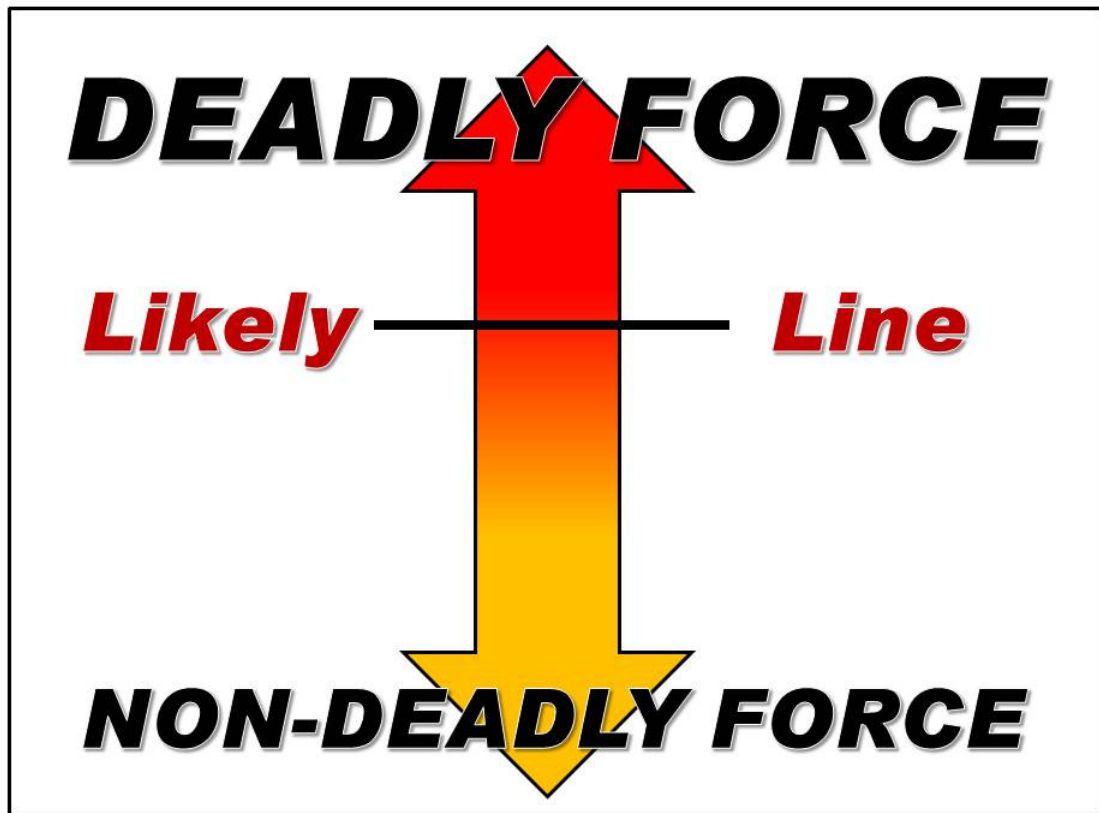
Most use of force options are listed from the least life threatening to the most life threatening. The appearance of a hierarchy or specific order to employ any force option is unintended. The systematic listing of force options is only used to clarify and illustrate the variety of applications. The decision to use force **IS NOT** a specific path for officers to follow in every situation. Any perceived pecking order or tier has nothing to do with the officer's individual thought processes for choosing the most reasonable option. In *Scott v. Henrich* (39 F.3d. 912; 9th Circuit - 1994) the court said:

“Requiring officers to find and choose the least intrusive alternative would require them to exercise superhuman judgment. In the heat of battle with lives potentially in the balance, an officer would not be able to rely on training and common sense to decide what would best accomplish his mission. Instead, he would need to ascertain the least intrusive alternative (an inherently subjective determination) and choose that option and that option only. Imposing such a requirement would inevitably induce tentativeness by officers, and thus deter police from protecting the public and themselves. It would also entangle the courts in endless second-guessing of police decisions made under stress and subject to the exigencies of the moment.”

Officers thus need not avail themselves of the least intrusive means of responding to an exigent situation; they need only act within that range of conduct we identify as reasonable.”

Simply stated, officers do not have to exhaust other lower levels of force options before moving to another, so long as it is justified.

Remember: The evaluation tool used by the court is, “Did the officer act as other reasonable officers would have acted in a similar situation?” (*Graham v. Connor* [490 U.S. 386, 1989])



- a) Officers use force to defend themselves or others, make arrests, prevent escapes, avoid unnecessary injury/death, and ultimately control unlawful offender resistance as quickly as possible. Force used by officers will be **deadly** or **non-deadly**.

Offenders use force to resist arrest, escape, and/or avoid detection and apprehension. Force used by offenders will be **deadly** or **non-deadly**.

NOTE: The instructor should provide practical examples or relate actual situations in which reasonable force may be used.

- b) Force factors/variables

NOTE: Show slide, “Force Variables.”

Subject Control/Arrest Techniques

The amount of force an officer employs in effecting control or defending himself/herself is generally guided by surrounding circumstances, including, but not limited to, the following:

- (1) Subject behavior - physical and verbal actions, signs of impairment
- (2) Totality of the circumstances - known factors
- (3) Environmental conditions - lighting, location, weather, terrain
- (4) Reaction time/distance from subject - effective response
- (5) Multiple subjects/officers
- (6) Size and gender of the officer and subject
- (7) Skill level of officer - physical ability/condition, training level
- (8) Apparent skill level of suspect - physical appearance, demonstrated ability
- (9) Age of subject/officer
- (10) Injury or exhaustion - physical impairment of officer
- (11) Weapon availability - officer's issued weapons, weapons in the immediate area
- (12) Availability of alternative actions - disengagement, use of multiple officers
- (13) Previous knowledge of subject - previous behavior, use/possession of weapons

2. Documenting use of force

a) Purposes

- (1) Basis for statistical reporting to FBI/SBI
- (2) Useful for designing and revising training

Subject Control/Arrest Techniques

- (3) Explanation of decisions
- (4) Management review
- b) Narrative sections of report

These should be written in a clear and complete manner. Too often, officers exclude many important details, especially when such reports often have boxes to be checked.

- (1) Assessment of initial call

Include in this section the type of call and the information provided by the dispatcher. Incidents are often dynamic and multiple dispatches may occur. Some calls and information typically indicate caution and the possibility of danger based on your experiences. Include all of this.

- (2) Observations made during call

Include in this section all that you observe beginning with your arrival. The nature of the call and information provided by the dispatcher may, or may not, accurately reflect what you observe when you first arrive. Record descriptions of all people at the scene, including such things as the number in the group, size, appearance, body language, recognition from previous encounters; any possible indicators of alcohol or drug intoxication; the general surroundings, weather, and visibility; details about the general environment that could indicate a heightened threat; information about responding officers including numbers, size, experience, and possible limitations.

- (3) Actions taken

Document both the visual and verbal interactions with people at the scene. Describe in detail the actions taken by the suspect that precipitated the

Subject Control/Arrest Techniques

need for force application, then the specific verbal directions and force responses you applied. Be specific as to what you thought and how you felt based on your experience, and how these led to your specific applications of force. Describe the force in terms based on your training in various holds and stunning techniques. Explain precisely what led to your choice of force options. Remember to document the de-escalation of force and what was done and said after you gained control of the situation.

(4) Summary of encounter

Document the events following arrest. Be sure and include any details of medical attention and photographs of injuries. This applies to you and other officers as well as the suspect(s). Include any statements of witnesses to the encounter and medical personnel involved in the treatment of the suspect(s) and you and other officers.

3. Reactionary distance, zones and positioning concepts

a) Reactionary distance

Officers often make the mistake of getting too close to the subject. If a spontaneous assault occurs and the officer is too close to the subject, defense of this attack is going to be difficult. The concept that “distance is proportional to officer reaction time”⁵ should be thoroughly understood.

Several distances are recommended by various authors of defensive tactics manuals and martial artists. However, *it is recommended that an officer maintain a reactionary distance of 5-6 feet as a minimum.*

NOTE: This distance is recommended--applicability may rely upon situational, environmental, or other concerns.

b) Reactionary positioning zones

Subject Control/Arrest Techniques

The following Reactionary Positioning Zones will be utilized:

NOTE: Show slide, “Reactionary Positioning Zones.”

- (1) **Zone 1** - Directly in front of subject - zone to avoid especially if movement will position officer within arms’ reach of subject.
- (2) **Zone 2** - Approximately 45° off either of subject’s front shoulders - also referred to as the Interview Position.
- (3) **Zone 3** - Directly to the side of each shoulder of subject.
- (4) **Zone 4** - 45° from rear of either of subject’s shoulders - also referred to as Escort Position.
- (5) **Zone 5** - Directly behind subject.

NOTE: Reiterate importance of maintaining 5-6 feet reactionary distance during positioning zones until movement to contact is necessary.

- c) Reactionary positioning concepts

“Positioning concepts within the martial arts are several thousand years old. Most, if not all, martial arts systems teach that movement in relation to an assault can be in any one of eight directions.”⁶

- d) Disengage

When making an arrest and/or attempting to control a resistive subject, if the officer is unable to establish an immediate tactical advantage for purposes of control and officer safety, then the officer’s goal should be to disengage or escape the threat and establish a distance proportional to reaction time. The officer can then re-evaluate and employ the appropriate force option(s).

4. Subject behaviors that lead to resistance

Subject Control/Arrest Techniques

a) Nonverbal cues⁷

Nonverbal communication cues may be used to predict between 50-90% of resistance levels. Many patterns of suspect resistance are *unintentional physiological responses to stress*. Unfortunately, there is *NOT* one single behavior reliable enough to automatically assume a suspect will attack. Officers should look for “clusters” of certain behaviors that are known to precede such resistance.

NOTE: Instructor should demonstrate the behaviors listed below.

- (1) Heavy/audible breathing: inhaling air through the mouth instead of the nose; suspects preparing to resist are anxious and this anxiety triggers body’s perceived need for more oxygen to handle upcoming confrontation; subjects preparing to resist may also make “grunting or groaning” noises.
- (2) Clenching of teeth/jaw: pre-fight facial expressions are not uncommon during stressful situations and may signal an attack; officers should also be aware of facial color changes (flushed, extreme redness).
- (3) Unusual sweating (stress sweat): sweating on cold days or on areas of the body that typically produce little sweat (palms, nose, ears); be aware of subjects who continuously wipe sweat off their hands, palms and face.
- (4) Fist clenching: tightening and erratic movement of fingers/hands.
- (5) Weight shifting/blading of body/shoulder roll: subjects preparing to attack will often shift their weight; lowering of center mass into a slightly crouched position; above movement attributes are sometimes illustrated by subject’s inability to stand still; “fight response.”

Subject Control/Arrest Techniques

- (6) Target glancing: eye movements from side to side; attackers will sometimes glance in direction(s) they want to escape or strike; scanning for witnesses or back-up officers; looking at placement of duty gear (weapon, OC, baton, handcuffs, etc.).
- (7) Ceasing of all movement: in preparation for or preserving energy for resistance; officers should be especially cautious if suspect's non-movement is preceded by high levels of movement.
- (8) "Dressing down": removal of clothing, jewelry or other articles of apparel; activity may appear casual and non-threatening in appearance.
- (9) Spitting: typically a sign of disrespect, but can be a precursor to resistance.
- (10) Conspicuously ignoring and staring "through" you: deliberate attempts to not answer officer's questions; looking away from officer; direct staring at officer.

b) Verbal cues⁸

There are also verbal cues that may lead to suspect resistance. Officers should listen carefully to not only what is being said, but how it is said.

- (1) Raspiness in voice: stress makes the throat dry and vocal chords tighten; watch for repeated clearing of throat.
- (2) Repeated phrases: subjects wanting to attack find it difficult to be verbally creative ("What?" "Who, me?"). Their thought process is focused primarily on what they are actually thinking about—attacking you!
- (3) Profanity: dialogue that contains large amounts of profanity (illustrates agitation).

Subject Control/Arrest Techniques

- (4) Depersonalization of officer: purposefully refusing to address officer by title or name; calling officer “you.”
- (5) Stops answering questions: subjects who initially answer questions, but cease suddenly; this may also indicate officer’s line of questioning is about to reveal criminal conduct, thus producing decision by suspect to resist.
- (6) Uncooperative to cooperative: subjects who are initially uncooperative, but become cooperative; officers should be aware of the “extremes” (very uncooperative to very cooperative).

C. Effecting an Arrest

The arrest situation is among the most dangerous tasks that law enforcement officers will encounter in the performance of their duties. Very often the arresting officer exposes himself/herself to needless physical risk due to poor techniques used in handling subjects.

The hazardous nature of the arrest situation cannot be overstated to the law enforcement officer. There are many contributing factors present in an arrest situation which makes this task especially dangerous for the officer. The officer who does not understand these factors places his/her own life and the lives of fellow officers in danger. A mistake made in executing an arrest can result in the officer becoming a police fatality statistic.

1. Hazards of arrest

The appreciation of the dangers inherent in an arrest situation is the first step in reducing your chances of injury in effecting an arrest. You can then begin refining techniques designed to save you needless harm in the performance of arrest related duties.

When possible, officers should attempt to effect control of a subject in an area or position which affords them the highest degree of security. Areas away from crowds or groups of people, avoiding the immediate proximity of walls, vehicles, furniture, and other obstructions, and areas likely to conceal weapons are options officers should routinely assess.

Subject Control/Arrest Techniques

- a) Each officer should develop an appreciation for the potential danger involved in every arrest situation.
- b) Every arrest should be handled as a potentially dangerous situation.
- c) Never consider an arrest a “routine” matter.
- d) No two arrest situations are identical.
- e) Plan for known factors but “expect the unexpected.”
- f) Principal reasons for injury or death of law enforcement officers:

NOTE: Show slide, “Arrest Hazards.”

- (1) Carelessness
 - (a) Improper approach to subject
 - (b) Improper or inadequate search
 - (c) Dropping one’s guard temporarily
 - (2) Overconfidence
 - (a) The development of a false sense of security
 - (b) Past “routine” arrests may temper the judgment of the officer
 - (3) Lack of training
- g) People react differently when threatened with the loss of their liberty. The following are examples of these reactions and are not all inclusive:
- (1) Submit without resistance - this is an ideal situation but it is still essential to be cautious and alert.
 - (2) Attempt to flee custody.

Subject Control/Arrest Techniques

- (3) Forcefully resist arrest - the officer has the right to use force to overcome resistance but only the amount necessary to overcome resistance.
- (4) Attempt to commit suicide - regardless of what the officer thinks of the individual, he/she is duty bound to protect the subject's life, if possible. If suicidal tendencies are noted by an officer, the person should be reported to appropriate custodial personnel.

h) **Don't stereotype an individual by race, prior conduct, associates, or physical appearance.**

2. Procedures for arrest in warrant situations

In an arrest with warrant situation, the officer has the advantage of prior planning in order to effect the arrest successfully. In planning the arrest consider the following:

NOTE: Show slide, "Arrest Procedures in Warrant Situations."

- a) Superiority of manpower - do not attempt to be a hero and "go it alone." Have sufficient manpower to effect a prompt and safe arrest.
- b) Superiority of fire power - to overcome whatever weapons the arrestee may have.
- c) Simplicity of plan - be sure each participant knows his duties and responsibilities. Brief all personnel involved.
- d) Surprise - catch the suspects off guard, thereby minimizing their efforts to resist or flee.
- e) Speed - have all participants move to the arrest scene and proceed swiftly and efficiently. Do not linger once the arrest has been made.
- f) Advantageous location - use your planning to determine advantageous entrances, areas of concealment, etc., that

Subject Control/Arrest Techniques

will provide you with an extra margin of safety and put the subject at an obvious disadvantage.

3. Procedures for arrest in non-warrant situations

In situations where the officer does not have a warrant, there are added dangers because of the lack of time for proper planning.

NOTE: Show slide, “Arrest Procedures in Non-Warrant Situations.”

- a) Preparation - even though the officer may not have an obvious time advantage, he/she can prepare for the arrest to a certain extent.
 - (1) Select a spot that offers the officer an advantage.
 - (a) Well-lighted area
 - (b) Away from a crowd
 - (c) Where there is little opportunity for an associate of the suspect or the suspect to sneak up on the officer
 - (d) Identify potential areas of cover.
 - (2) The officer should scan the area quickly as he/she approaches for the arrest
 - (a) Be alert for objects within reach of the suspect
 - (b) Look for avenues of escape
 - (c) Look for concealment of an associate of the suspect
 - (3) Have a simple plan of attack. If working with a partner, be sure each knows his/her duties and responsibilities. Employ contact/cover techniques.

4. Approach considerations

Subject Control/Arrest Techniques

Treat every suspect as potentially dangerous.

- a) Whenever possible approach from side and rear. (Zones 3, 4 or 5)
- b) Avoid crowds and intersections.
- c) Maintain a distance of at least 5 - 6 feet (if applicable) between officer and the subject until the officer has an opportunity to scan subject and the surroundings.
- d) Stay out of the reach of the subject. Do not stand face to face. Officer should pivot or blade his/her hips at an approximately 45° angle to the suspect with the upper body squared to the suspect. This will allow a protective vest to perform at an optimum level.

Note: If the officer is not wearing a protective vest, the officer should pivot his/her body with gun side away from the suspect so that the officer faces the suspect at approximately a 45° angle.

- e) Maintain a firm and confident bearing. Do not try to act “tough”; this approach usually indicates an officer’s fear rather than confidence.
- f) Use a natural but authoritative voice.
 - (1) Don’t shout or use profanity.
 - (2) Use clear and concise commands.
- g) Avoid unnecessary body contact.
 - (1) Don’t push or shove a subject to make him/her obey commands.
 - (2) Use voice to convey authority.
- h) **Stay alert.**

5. Manner of making arrest

Subject Control/Arrest Techniques

NOTE: Show slide, “Making Arrests.”

- a) Identify self as officer.
- b) Notify suspect he/she is “under arrest.”
- c) State reason for the arrest.
- d) Use only that force which is objectively reasonable under the circumstances.
- e) Avoid unnecessary conversation.
- f) Refuse any requests of the arrestee until he/she is safely secured, and then only if these requests can be granted with maximum safety to the officer.
- g) Handle arrest efficiently; avoid lingering that may draw crowds.
- h) Restrain arrestee as required:
 - (1) Only force which is objectively reasonable under the circumstances to effect arrest.
 - (2) Force must be controlled and used wisely.
 - (3) The officer must be in control of himself/herself before he/she can expect to control a subject.
 - (4) Regardless of what he/she thinks of the subject, the officer is responsible for the protection of the subject (e.g., angry crowds, victim’s family, etc.).
 - (5) Protect bystanders from suspects.

D. Use of Pressure Points in Controlling Resistive Behavior

Note: Loud, repetitive verbal commands should be used in conjunction with these techniques.

1. Application methods

Subject Control/Arrest Techniques

a) Finger-tip pressure

This method generally utilizes the digital tip of the thumb. It is used to control lower levels of subject resistance.

Note: An example may include a non-threatening display of resistance such as “dead weight” or refusing to follow the officer’s instructions, yet not doing anything of a physical nature to prevent the officer from doing his/her job.

Note: If a subject displays resistance such as defensive, threatening, and/or deadly threat resistance, pressure point control may not be as effective of a control technique.

b) Sudden penetration

This method is designed to gain subject compliance more quickly by applying pressure to the target faster.

2. Pressure point methods (Siddle, Bruce: PPCT)⁹

NOTE: The NCJA *Subject Control/Arrest Techniques* video should be shown in segments as indicated. The video should NOT be shown in its entirety at one time.

NOTE: Show slide, “Video.” Play video, *Group I – Pressure Point Methods* (4:04 minutes). Show video before demonstrating each technique.

a) Hypoglossal: This affects the most sensitive area of the hypoglossal nerve located approximately one inch forward of the mandible jaw angle and one inch under the jaw.

This technique is applied with touch pressure or sudden penetration. The technique is usually best delivered by using the digital tip thumb or by using the unsupported middle two fingers.

b) Mandibular angle: Affects the hypoglossal, vagus, and the glossopharyngeal nerves. **APPLIED WITH TOUCH PRESSURE.**

Subject Control/Arrest Techniques

Pressure should be applied at the base of the earlobe between the mastoid and the mandible. The angle of pressure should be toward the center of the head and slightly toward the nose.

- c) Jugular notch: Affects the superior laryngeal and recurrent laryngeal nerves. Located between the trachea and small nerve fibers in the jugular notch region. **APPLIED WITH ONLY SUDDEN PENETRATION.**

Pressure is directed toward the center of the body at an approximate 45° angle. This pressure point can be used as a means of distraction to precede other control methods or to move uncooperative subjects who may be handcuffed. It is best applied with the middle two fingers or thumb.

Note: Continual and extensive pressure following compliancy can decrease pain and increase resistance in subject.

E. Subject Control Techniques

The following subject control techniques are basic in nature; however, they address various non-deadly force situations and are generally reliable and effective when properly utilized.

Verbal de-escalation is always preferred and should be attempted if applicable. In addition, when subject control techniques become necessary, loud, clear, repetitive verbal commands are an important aspect of the control process. The subject needs to know what you desire him/her to do.

NOTE: All subject control techniques should be practiced slowly. At no time should the trainees be allowed to perform at dynamic or “full” speed. The instructor will demonstrate the proper method of applying the technique and allow the student adequate practice time.

Remember: Perfect practice makes perfect. Safety is paramount. Proper technique is more important than speed of technique application. Proficiency will increase the speed proportionally. Each technique can be followed up with a handcuffing technique.

Subject Control/Arrest Techniques

1. Stunning methods (Siddle, Bruce: PPCT)¹⁰

The PPCT definition for the stunning principle is, “*the stimulation of overwhelming sensory input that is sudden, intense, and unexpected.*” The average stun will last 3-7 seconds and will allow an officer sufficient time for follow-up control. It is possible for a stunning technique to cause a motor dysfunction defined as, “*a control striking technique which overstimulates motor nerves, resulting in a temporary muscle impairment.*” This may last from 30 seconds to several minutes.

NOTE: Show slide, “Video.” Play video, *Group I – Stunning Methods* (9:07 minutes). Show video before demonstrating each technique.

The following methods are considered weaponless control techniques and have a wide range of use for the law enforcement officer. Usage may include overcoming an aggressive assault by a subject, resistance by an assaultive and agitated mental subject, and used as a defense against a physically attacking subject.

NOTE: Instructor must show and demonstrate striking area as well as the method and surface area of the personal weapon.

- a) Brachial plexus origin - Located along the side of the neck. An officer can use one of the following striking methods:
 - (1) Back of the opened hand
 - (2) Heel of hand (bottom of the palm)
 - (3) Forearm: inside and outside
- b) Suprascapular nerve - Located at the juncture where the trapezius muscle connects to the side of the neck. Methods of striking include:
 - (1) Downward closed fist, also referred to as a “hammer fist”
 - (2) Knife hand

Subject Control/Arrest Techniques

NOTE: It is imperative that the student successfully demonstrate how to properly perform stunning methods to the neck and that this is reflected on the evaluation form.

- c) Radial nerve - Located approximately two inches below the elbow joint on top of the forearm. Methods of striking include:

- (1) Knife hand
- (2) Closed fist
- (3) Forearm/elbow
- (4) Impact weapon

NOTE: Additionally, the bicep-radial nerve motor point may also be utilized as a stunning technique. This point is located on the interior of the upper arm approximately where the bicep and triceps muscles join. Generally, the stunning method would consist of a strike with the fist, forearm or elbow.

- d) Common peroneal nerve - Location is in a general area on side of thigh between hip and knee. Approximately 4-6 inches above the knee on side of leg and approximately 1-2 inches toward the rear of the leg. Methods of striking include:

- (1) Knee spear
- (2) Shin kick
- (3) Closed fist
- (4) Elbow
- (5) Impact weapon

Subject Control/Arrest Techniques

- e) Femoral nerve - Located approximately between knee and groin on the inner thigh. The mid line of the thigh in this area is the striking point. Methods of striking include:
 - (1) Shin kick
 - (2) Knee spear
 - (3) Elbow
 - (4) Closed fist
 - (5) Impact weapon

2. Punches

The previous techniques present an option of using a closed fist, or punch, as a non-deadly strike. The use of a punch while executing a hand strike appears to suggest an innate reflexive response. In a 2009 California study of roughly 600 officers during which they were asked to perform some type of personal body weapon strike on a striking shield, nearly 60 percent threw a straight punch. Even though the department had never trained their officers to throw a straight punch, and only 25 percent claimed to have any combat sport training, under mild stress the dominant hand strike the officers chose to use was a straight punch.¹¹

Punches directed specifically to the head/face area are legitimate combative techniques taught in many martial arts disciplines, and are not considered deadly force options, in and of themselves. Punching to the head/face area is often done because it happens to be the most opportune target, it often comes naturally and instinctively, and it is a gross motor skill that requires very little training.

- a) The purpose of a punch is to gain control of a situation by stunning, distracting, or incapacitating the subject before using other techniques, such as a takedown followed by handcuffing.
 - (1) Use loud, clear verbal commands throughout the application of the technique.

Subject Control/Arrest Techniques

- (2) Assume an appropriate position.
 - (3) Identify the target area. When executing any of these strikes in a non-deadly assault either with a closed fist or any other personal weapons, the officer should ideally strike to the closest or most easily accessible suspect body area not specifically identified as a deadly target (i.e., throat, groin).
 - (4) Make a fist. To make a proper fist, roll the fingers, tuck, and lock into the palm of the hand with thumb pressure.
 - (5) Use the knuckles to strike the specific target area.
 - (6) Follow up with an appropriate technique(s).
- b) Punches can be executed from multiple angles and delivered to different areas of the body. Examples include:
- (1) Jabs
 - (2) Crosses
 - (3) Hooks
 - (4) Upper cuts
 - (5) Overhands
 - (6) Or a variety of combinations¹²
- c) How to punch¹³
- (1) Jab

The jab is thrown with the lead hand. Begin with the knees slightly bent, feet staggered, chin down, and hands raised to the sides of your face. Push off your back foot and snap the jab out quickly. The lead foot will slide forward slightly before impact.
 - (2) Cross

Subject Control/Arrest Techniques

Also called the “straight punch,” the punch starts from the side of your face and follows an imaginary straight line directly into the target. Drive and pivot from the rear foot, rotating the hips forcefully as your body weight shifts toward the front foot. Extend your right arm toward the target (if you’re right-handed), with palm down and knuckles up upon impact.

(3) Hook

Shift your weight toward the rear leg as you rotate forcefully to that side and pivot inward on the ball of your front foot. At the same time, whip the lead arm toward the target in an L shape (elbow bent at about 90 degrees). Turn your hips into the punch. You can angle the hand either with the palm facing toward you upon impact or toward the floor.

(4) Uppercut

Subtly shift your weight to the hip on the side of the rear leg. Dip that side’s shoulder as you crouch down a bit. Next, with the palm up and the arm bent 90 degrees, forcefully rotate toward the side of your lead leg and push off the ball of your back foot, driving the punch upward. On impact, your palm should face your chest.

(5) Overhand

This strike may typically be used if the officer is attacked in an attempted tackle, gun grab, etc. Shift your weight toward the rear leg as you rotate forcefully to that side and pivot inward on the ball of your rear foot. At the same time, whip the arm, driving the fist (or other personal weapon) toward the target in a high-to-low motion. Turn your hips forcefully into the punch.

3. Distraction methods

Subject Control/Arrest Techniques

The PPCT definition for distraction methods is, “*the use of control techniques that weaken motor action by changing the thought process.*” The average length of any distraction is about 3 seconds.

NOTE: Show slide, “Video.” Play video, *Group I – Distraction Methods* (5:37 minutes). Show video before demonstrating each technique.

When attempting to control a resistive subject it may become necessary to distract this individual by changing or redirecting their thought process. This may be accomplished by various distraction techniques which when applied, cause a temporary over-stimulation of pain to a certain area, thereby allowing the officer to generally gain control and proceed to handcuffing or a subject control technique. These techniques include:

- a) Knee spear - The primary target is the common peroneal nerve. The strike should be delivered at maximum power and should utilize a muscle penetration or “ripple effect” principle. After striking the common peroneal with the knee, the knee should remain in contact momentarily with the leg of the subject, thereby transferring maximum kinetic energy.
- b) Lower leg kick - The officer uses the instep, toe of shoe, or ball of foot to kick the subject’s shin just above the top of the subject’s foot.
- c) Shin kick - The officer steps across the subject at a 45 degree angle from a Zone 2 or Zone 4 position, turning the hips toward the direction of the strike. The officer brings the rear leg forward with a slight bend in the knee and strikes the common peroneal or femoral nerve point with the front part of the shin.

4. Quick takes

NOTE: Show slide, “Video.” Play video, *Group II – Quick Takes* (16:21 minutes). Show video before demonstrating each technique.

Subject Control/Arrest Techniques

“Quick takes” are general control methods and have many applications and uses. A most important factor is the simple hand position relationships when using the various “quick takes.”

- a) Bent wrist (officer approaches subject from Zone 4-5)
 - (1) The student should grab the subject’s right wrist with his/her right hand and simultaneously grab the subject’s right elbow bend with his/her left hand.
 - (2) Lift the wrist upward (toward the student) and push elbow downward. Subject’s elbow should be tucked in tightly against student’s left side and under student’s armpit as much as possible.
 - (3) Place right thumb on top of subject’s right hand. Student’s left hand is placed under the right hand with thumb on top of subject’s right hand. Using the student’s left hand, apply downward pressure and away from the subject. This downward pressure is centralized over subject’s index and middle finger knuckles.
 - (4) Using student’s right hand (palm edge of hand), apply slight pressure upwards on subject’s right hand.

NOTE: Officer reverses procedure if he/she is left hand dominant.

NOTE: Use caution--practice slowly. It only takes minimal torque pressure to injure the wrist.

NOTE: One thumb may be placed under suspect’s wrist to counter suspect attempts to pull hand free.

- b) Arm bar

NOTE: This technique may be initiated from the interview (Zone 2) position or rear escort (Zone 4)

Subject Control/Arrest Techniques

position. The instructor should demonstrate the transition from Zone 2 to Zone 4.

- (1) The officer, facing in the same direction, grabs the subject's left wrist with his left hand and simultaneously grabs the subject slightly above the left elbow with his right hand.
- (2) Rotate (flip) the subject's left hand (palm) up and place at point of officer's left hip.
- (3) The officer's right elbow should be against his side. The officer can then push the subject's arm slightly above the elbow (using either the palm of the hand, a "knife" hand, or the forearm) in a downward position. The officer will simultaneously step with his/her left foot at an approximately 45° angle, pivot and drop to his/her right (inside) knee. This will force subject to a prone position.
- (4) Follow-up with appropriate handcuffing technique.

NOTE: Officer reverses procedure if he/she is left hand dominant.

c) **Multiple-officer take down**

Two officers: This subject control technique can be used when two or more officers are present. It can be used for various levels of resistance by an individual or to control a mental subject. Before the on-set of this technique, the officers must communicate with each other. That is, decide which officer will give ALL verbal commands until the individual is handcuffed.

Determine which officer will give commands: this may be the primary officer, the ranking officer, etc. However, the officer giving commands should take the HIGH position and deliver all commands to the subject and assisting officer.

- (1) Officers, moving on cue and at the same time from positions of tactical advantage, verbal command

Subject Control/Arrest Techniques

giver goes HIGH at or near the subject's chest. The officer may grab the subject's arm/shoulder, clothing, or wrap his/her arms around the subject's chest/shoulder area. The other officer takes the LOW position and grabs the subject at and around the knees, securing same with a firm grip to immobilize the subject's legs.

Note: In cases of “extremely aggressive behavior” or in situations where the officers were unable to gain immediate tactical/positional advantage, the HIGH position officer may grab the subject behind the neck and/or head. This method would be used as a means to disrupt the balance of the subject and to bring the subject to a prone handcuffing position through leverage and control.

- (2) The subject is taken to the ground in a controlled manner and maneuvered to a prone handcuffing position.
- (3) The officer grabbing the subject's legs around the knees must maintain a tight grip around the subject's legs and act accordingly to the HIGH officer's commands.
- (4) COMMUNICATION between the two officers is of the utmost importance.

Note: If more than two officers are present, and if applicable, subsequent officers should scan the environment and keep other participants away. They should maintain a security perimeter and aid the engaged officers as needed.

NOTE: Instructors must maintain close and strict supervision of students while practicing this technique and ensure that it is never practiced in a full contact manner.

- d) Close quarter control

Subject Control/Arrest Techniques

The biggest problem here is that in close proximity, if an attack comes too quickly the brain does not process it fast enough for a tactical response. The following techniques described are derived from the Blauer Tactical Confrontation Management S.P.E.A.R. (Spontaneous Protection Enabling Accelerated Response) System.¹⁴

- (1) Here are some of the main issues:
 - (a) Human nature! Behaviorally, we move away from danger, but tactically we should be taught to move towards danger (this is relevant for a close-quarter attack).
 - (b) This paradox is what creates hesitation and anxiety during confrontation.
 - (c) When the emotional system and the cognitive system run conflicting messages, the result is hesitation. Our training needs to rely on sub-conscious triggers to initiate action. In other words, really stressing understanding the verbal/non-verbal cues that lead to an attack.
 - (d) In extreme close quarters, trying to move away or disengage may place the officer in more danger. When we retreat from danger, the propensity for the body to collapse is huge.
 - (e) Intuition and instincts combine to create a “flinch response” designed for protection.
- (2) Three types of responses:
 - (a) Primal flinch

Primal flinching occurs when the body’s unconscious protective mechanism overrides tactical training--the officer’s awareness of the attack comes very late. Primal flinches are characterized by a quick startle reaction

Subject Control/Arrest Techniques

(or flinch) that may involve turning away from the danger and bringing the hands up to protect the “command center.”

NOTE: Instructors should not teach students to intentionally turn away from an attack, but rather that this initial “startle flinch reaction” is a normal response to a sudden attack. Instructors should emphasize that the faster students can convert this flinch to a tactical response, the faster they may be able to gain control.

(b) Protective S.P.E.A.R.

This response occurs when an officer becomes aware of an attack closer to its moment of initiation, but too late to completely avoid it or launch an effective counter attack. The protective S.P.E.A.R. is characterized by orienting towards the threat, lowering center of gravity, and bringing the hands up to a position between the threat and the command center. The protective S.P.E.A.R. is often effective at blocking at least some of an attack.

(c) Tactical S.P.E.A.R.

The tactical S.P.E.A.R. occurs when an officer is prepared for the possibility of an attack. The officer’s hands should be up to protect the head and face with forearms extended slightly more than 90 degrees. The officer, upon perceiving an attack, will move in toward the offender and strike the offender with the front part (or ulna side) of the forearms at the arm/shoulder/upper torso area. This will take away the offender’s momentum.

Subject Control/Arrest Techniques

NOTE: As a follow-up, students should try to control in close, whether follow-up controls are head butts, knee spears to the mid-section and/or femoral or common peroneal, elbow strikes, or punches. These techniques could be followed up by placing the hand to the back of the head/neck area and physically directing the suspect to the ground in a prone position (similar to the multiple officer takedown).

Remember, the purpose of any “hard hand” strike is to create an opportunity to gain control of a violent person or escape. It is unrealistic to believe that a violent, assaultive, or highly resistive individual can be controlled or evaded without first momentarily stunning them.

e) Ground defense techniques

NOTE: Show slide, “Video.” Play video, *Group II – Ground Fighting* (2:39 minutes). Show video before demonstrating each technique.

These subject control techniques may be used when an officer finds himself/herself on the ground. The officer must remember that if he/she is in this position an offender may attempt to obtain the officer’s weapon. This section will address a simple thing that can mean the difference between life and death. It will also show simple ways to regain a standing position.

(1) Escape from **mount position**

The primary purpose of the following technique is for the officer, while on the ground and underneath a subject, to escape a dangerous and potentially deadly attack.

- (a) When the suspect is mounted on top of the officer with knees on either side of the torso,

Subject Control/Arrest Techniques

the officer can first raise the hips to disrupt suspect's balance.

- (b) The officer can bring his/her arm inside the suspect's arm and wrap his/her right arm above and around the suspect's left elbow/upper arm, and trap the suspect's left foot with officer's right foot/leg.
- (c) The officer will plant the left foot and place the left hand near the suspect's pelvic/hip area (or shoulder of suspect depending on position), raise the hips and roll suspect to the officer's right side.

Note: The officer's left (or reaction) hand can also be used to block punches, grab, or strike the offender.

NOTE: As a safety precaution in training, the student being "rolled" should turn his/her hand (on the side toward which the student will roll) palm "up." This will help to avoid the student rolling over onto his/her own wrist and minimize the possibility of injury.

NOTE: The instructor should stress the importance of assuming this position if the student is placed in a position on their stomach during a confrontation. As soon as safe distance and circumstances prevail, the student should stand immediately in a defensive and tactical manner.

- (2) **Ground defense:** The officer is on his/her back and is being attacked.
 - (a) The ground defense procedure uses three points of support: the hand, elbow and side of the buttock.
 - (b) The non-supporting hand/arm is used to pivot, push forward or backward, or protect

Subject Control/Arrest Techniques

the upper chest and head area. It can also be used to employ a baton, chemical agent canister, or firearm.

- (c) The legs are used to execute kicking techniques, usually to the knee area of the subject or to the upper torso if the subject is in a bent over posture. This will assist in creating adequate space between the officer and the offender, thereby allowing time to stand up.
 - (d) This position can be switched from left side to right side and when combined with pivoting moves gives the officer a level of circular mobility.
- (3) **Standing up:** The officer is on the ground and has created a safe and adequate distance to stand up.
- (a) The officer needs to turn slightly to his/her **right hip**, place the **right hand** on the ground behind his/her back.
 - (b) The officer then places the **left foot** on the ground in front of his/her body, keeping the **left hand/arm** up to protect the face from punches or kicks.
 - (c) Now that the officer has the **right hand** and the **left foot** planted firmly on the ground, he/she will pull the **right foot** up under the buttocks and place it next to the **right hand**.
 - (d) Stand up, keep a low center of gravity, and disengage from the subject.

Note: When the officer turns to his/her right hip, not only does it make getting up easier, it helps protect the officer's weapon. Left handed officers simply reverse to the left hip.

Subject Control/Arrest Techniques

F. The Baton¹⁵

NOTE: Show slide, “Video.” Play video, *Group III – Baton* (1:01 minutes). Show video before demonstrating each technique.

1. The baton is a formidable, as well as, a versatile weapon. It may be used to apprehend, restrain, defend, or counterattack. A trained officer who is proficient in the use of the baton is better able to protect himself/herself and is less likely to resort to the use of his firearm. The main purpose of the baton is to stun and/or temporarily disable rather than cause lasting injury.

The dynamics of most physical encounters are unique and highly stressful. If officers are given too finite a target or too complex a defensive skill, they have been given a recipe for failure.

Baton techniques must be kept simple and easy to remember in order to be effective. The higher an officer's stress level, the less capable they are of performing complex defensive measures. As a result, baton techniques (as all subject control techniques) must be simple, forgiving, and easily performed.

Note: The flashlight is an instrument that is generally readily accessible to the officer, especially in subdued or low light conditions. Although its primary purpose is that of a lighting instrument, it can be utilized as an impact weapon. If used in this manner, it should be utilized as a baton and in accordance with the training received during this section of Subject Control/Arrest Techniques.

2. Drawing the baton

The baton is drawn with the dominant hand, or drawn with the non-dominant hand and transferred to the dominant hand. The type of scabbard that the officer carries will make a difference in whether the officer must draw straight up from the scabbard, or press the baton to the back wall of a sidebreak scabbard and then lift up.

3. Gripping the baton - With either weapon side or reaction side presentation, the baton is held in the center of the grip with approximately the same length of the handle extending from each side of the hand. The baton is held with a “full hand” grip.

Subject Control/Arrest Techniques

NOTE: Show slide, “Gripping the Baton.”

4. Opening the baton

Collapsible baton shafts are released as centrifugal force overcomes retention clip tension. This causes the shafts to extend with sufficient force to create a “friction lock” in the joints of the baton.

NOTE: Show slide, “Opening to the Sky.”

- a) Opening to the sky – provides maximum visibility. However, should the baton slip out of the officer’s hand, it travels farther away. This method of opening also requires the swing be stopped and reversed to execute a strike.

NOTE: Show slide, “Opening to the Ground.”

- b) Opening to the ground – allows the officer to continue the opening swing into an immediate strike. It also minimizes travel if released. This method of opening provides minimal visibility.

5. Stances

NOTE: Stances are based on the “Interview” position which is sometimes referred to as a “Bladed” position as it offers protection to the officer as well as placing the officer’s handgun in a more secure location.

- a) Interview stance

NOTE: Show slide, “Baton Interview Stance.”

- (1) Feet approximately shoulder width apart, with body weight equally distributed on both feet.
- (2) Knees slightly bent, reaction leg forward. Reaction hand is up to protect the face, head and upper body.
- (3) Weapon leg is back slightly. A closed baton may be held in the weapon hand between the waist and

Subject Control/Arrest Techniques

shoulders. Once opened, the baton is moved to the Combat Position.

b) Combat stance

NOTE: Show slide, “Baton Combat Stance.”

- (1) The Combat Stance is designed to maximize the availability of the baton while placing the officer in the best defensive position. The stance sends a strong visual message to the subject that the officer is prepared for possible aggression.
- (2) The relationship of the feet in the Combat Stance is the same as in the Interview Stance. The feet are slightly wider and the overall stance is deeper.
- (3) The reaction hand is at eye level with the elbow bent protecting the upper body. The weapon hand holds the baton at jaw level. The baton cap points at the subject. If the baton is open, the shaft of the baton rests on the shoulder.

6. Primary target/striking areas

- a) All techniques are designed to deliver one or more strikes to the center mass of the presented threat:
- (1) Center muscle mass of the arm
 - (2) Center muscle mass of the leg
 - (3) Center muscle mass of the body

These areas were selected for their physiological vulnerability combined with their less lethal potential as a baton target. It is important to understand that center mass does not mean joints. Center mass means the larger, more accessible muscle mass areas of the extremities and body such as the upper and lower leg, upper and lower arm, and torso (which are much larger targets.) Also, please note that targeting joints (and the sternum) of these target areas could result in serious and permanent injuries.

Subject Control/Arrest Techniques

- b) When striking a subject, the officer should target those areas which are likely to inflict injury to the officer. Most frequently, this is the arms and legs. These targets are vehicles which transport force against the officer.
- c) Therefore, strikes to the center muscle mass of the extremities effectively disable an assailant's "delivery system." Strikes to the center muscle mass of the body generate fluid shock waves.
- d) Strikes to the primary center muscle mass target areas have a high potential for control and a low potential for fatal injury. These targets are also "forgiving" targets. If the assailant moves or a strike misses its target, surrounding targets also have a high potential for control and a lesser potential for damage.

NOTE: Do not intentionally strike to the head, neck, spine, sternum, or groin unless deadly force is justified. Remember that it is important to understand that center mass does not mean joints. Center mass means the larger, more accessible muscle mass areas of the extremities such as the upper and lower leg, upper and lower arm, and torso (which are much larger targets.) Also, remember that targeting joints (and the sternum) of these target areas could result in serious and permanent injuries.

- 7. Counter strike/blocking
 - a) Offenders may employ any attack tactics on police. However, police officers rely on training and departmental policy.
 - b) Police training programs have limited time. They cannot develop a skill level that allows officers to block every possible attack combination. Consequently, officers who choose to stay and block an attack can be overwhelmed and injured. This may result in the officer being forced to use deadly force in order to survive the attack.

Subject Control/Arrest Techniques

- c) However, it is possible to teach officers to avoid the line of attack with simple movement and redirection drills. They can then strike their opponent's "delivery system." This will enable the officer to end the assault and thus return control to the officer.

8. Closed mode strikes

NOTE: Show slide, "Closed Mode Weapon Strike."

Closed mode strikes are close contact techniques designed to provide safe separation from an assaultive subject.

- a) Weapon strike
 - (1) Baton held in a full hand grip with the thumb across the baton tip. This prevents the baton from opening during the strike.
 - (2) Strikes originate from either the Interview or Combat Stance, and are directed at a 45 degree angle toward the center mass of the subject's body. The primary striking surface is the cap.

b) Reaction strike

NOTE: Show slide, "Closed Mode Reaction Strike."

- (1) The reaction strike is designed to quickly return the baton to the weapon side.
- (2) Strikes are directed at a 45 degree angle toward the center mass of the subject's body. The primary striking surface is the cap.

c) Straight strike

NOTE: Show slide, "Closed Mode Straight Strike."

- (1) The straight strike is executed from the weapon side with the baton grasped firmly in a vertical position, tip up.

Subject Control/Arrest Techniques

- (2) The primary striking surface is the fist. The strike is directed at the center muscle mass of the body.

9. Open mode strikes

NOTE: Show slides, “Open Mode Weapon Strikes.”

Open mode strikes are long range techniques which provide additional safe separation for the officer. They also increase the officer’s ability to disengage, if needed.

a) Weapon strike

- (1) This is the most powerful and most often used strike. It gives an officer the ability to regain control, and can be done from any tactical position. The officer should use a full hand grip to maintain control and possession of the baton.
- (2) The weapon strike is delivered at a 45 degree angle. Strike with the last three inches of the baton to the center muscle mass of the subject’s weapon delivery system.
- (3) Allow the baton to dwell momentarily on impact to gain the full benefit of fluid shock. Recover to the Combat position.
- (4) The officer should always strike as hard as possible. Continue striking only so long as resistance continues.

b) Rapid response strike (weapon strike variation)

- (1) The weapon strike can be employed during a sudden assault when there is little time or warning.
- (2) Swinging the baton at a 45 degree angle with a full extension of the arm allows the baton to open while enroute to its target.

c) Reaction strike

Subject Control/Arrest Techniques

NOTE: Show slide, “Open Mode Reaction Strike.”

- (1) A reaction strike is less powerful than a weapon strike. It should be executed rapidly as a means of returning the baton to the weapon side.
 - (2) The striking hand is palm down. Target the area between the shoulder and waist of the subject.
 - (3) The reaction strike is a forgiving technique. It allows swift recovery of the baton to the weapon side. The strike performs a clearance, moving the subject away from the officer.
- d) Straight strike

NOTE: Show slide, “Open Mode Straight Strike.”

- (1) The straight strike is a short range technique used to create distance. Employ the strike when in close contact with a subject. It is also used when an aggressive assailant closes the gap despite warnings or other strikes.
- (2) The baton is lowered from the Combat Stance. The reaction hand grasps the end of the shaft, palm down.
- (3) The weapon hand rotates forward as the baton is thrust downward at a 45 degree angle toward the center mass of the subject's body. The striking surface is the middle shaft of the baton.

NOTE: Baton strikes can be used in any order, repeated or combined with other strikes as the encounter requires. Each strike should be performed with full power while evaluating the effect on the subject. Strikes should stop as soon as control is restored.

G. Handcuffing Procedures

Subject Control/Arrest Techniques

NOTE: Show slide, “Video.” Play video, *Group III – Handcuffing Procedures* (2:32 minutes). Show video before demonstrating each technique.

Numerous restraining devices have been used for centuries. Various forms of handcuffs have been in practical use in law enforcement for a number of years.

The most common type of handcuff used in law enforcement today is the chain or hinged variety. In addition, officers also employ the use of the nylon/plastic/“flex” cuff as well.

Regardless of the type used, it is imperative that officers are aware that the police style of handcuff is a “temporary” restraining device and that its proper use and application is critical for the safety of the officer and subject.

1. Handcuff types

Although manufacturers have developed various types of handcuffs there are basically two types used by law enforcement personnel. Each type has favorable features which should be assessed prior to selection. Regardless of the type, a handcuff should meet minimum standards related to strength, size, weight, durability, and tamper resistance. (Note: See NIJ Standard 0307.01 for reference.)

The location and operation of double lock mechanisms and keys may vary slightly depending upon model and manufacturer. Officers should train with the type/model intended to be utilized.

a) Chain handcuffs

NOTE: Show slide, “Chain Handcuff Nomenclature.”

Also referred to as traditional or standard, these handcuffs are connected by a swivel eye and link chain.

Chain handcuffs tend to be more versatile in application as each handcuff can be independently rotated or angled to be placed on the wrists.

b) Hinged handcuffs

Subject Control/Arrest Techniques

NOTE: Show slide, “Hinged Handcuff Nomenclature.”

Hinged handcuffs are connected by straight bars which are connected by rivets or pins in the handcuff housing. These bars allow the handcuffs to fold but prevent any independent rotation of the two handcuffs.

Hinged cuffs are generally easier to grip and control in the hand and allow minimal flexibility when applied.

- c) Nylon/”flex cuffs”

NOTE: Show slide, “Nylon/Flex Handcuffs.”

An alternative to the standard metal handcuffs and an auxiliary restraining device is the nylon, plastic, or flex cuff. Originally these devices were most probably designed as a means to secure and bind cables of various types or some other mechanical need. Recently they have been used as a “back-up” means for restraining and securing multiple offenders.

As their popularity has increased and their apparent applicability has become recognized as a law enforcement tool, numerous private companies have designed and manufactured these restraining devices specifically for law enforcement use.

Most of these types of cuffs are non-reusable and it is necessary to cut them to remove them from the suspect. However, there are now specific brands available which have a locking mechanism that utilizes a key of sorts, thereby allowing the cuff to be re-used.

- (1) Common types
 - (a) Single cable tie
 - (b) Double loop tie
- (2) Methods of application

Subject Control/Arrest Techniques

- (a) Single cable tie: When utilizing the single cable tie as an auxiliary handcuff, it is advisable to use two ties. These two ties may be interlaced and used in a manner similar to handcuffs. The prisoner's hands are placed together with his wrists back to back and palms out. The interlaced ties are then slipped over his hands. The officer then pulls the ends of the two ties until the loops are sufficiently snug to prevent the removal of either hand, but not so tight as to injure or cut off circulation.
- (b) Double loop tie: These are specifically designed as a handcuff restraining device and their use and method of application is apparent. However, it is advised that the manufacturer's instructions for use and application be followed.

Note: The nylon ties are least effective when only one is used around the wrists with the palms together. When applied in this manner, the tie could be slipped off unless it is drawn extremely tight.¹⁶ However, this of course could produce serious injury and would not be recommended. Other restraining methods would need to be employed.

- (c) Feet restraint: If a prisoner is violent, his feet can be restrained by a tie. Affix the tie around his ankles and insert the end of the tie into the locking mechanism.

Note: Do not over tighten.

2. Maintenance of handcuffs

Like any piece of equipment, handcuffs have limitations and must receive routine care. Handcuffs are the most frequently utilized piece of equipment a law enforcement officer possesses. They are

Subject Control/Arrest Techniques

frequently subjected to moisture and salt (from perspiration), as well as abuse from prisoners.

Handcuffs should be inspected frequently to ensure proper operation and cleanliness. Officers should ensure the handcuffs are free of lint, rust, dirt, or any foreign substance. Handcuffs should be sanitized/sterilized after contamination with blood, vomit, etc.

The single strand (blade) of the handcuff should “cycle” freely and the pawl and key mechanism should operate without binding. Cleaning with an appropriate lubricant periodically is beneficial; however, the handcuffs should always be thoroughly wiped dry to prevent slippage.

3. Handcuff grip

NOTE: The following description is for a right handed or right side dominant officer. The process is applicable to left handed officers by interchanging right side movements with the left side/hand.

- a) The officer holds the handcuffs in the dominant/weapon hand so that the single blades are both turned away from the web of the officer’s hand. Squeeze the weapon hand so that a tight fist is formed around the chain and lock housing. The handcuffs should become rigid within this fist.
- b) Keyhole placement is not crucial to application and officers should not delay the handcuffing process to verify lock position. Officers should not look at handcuffs to establish a grip.

NOTE: Due to varying hand size, minor adjustments may be necessary to ensure adequate grip. These adjustments should be identified and practiced.

4. Standing handcuff application

- a) The officer approaches or maintains a position in the 4-5 Zone. The subject is requested to place his hands behind

Subject Control/Arrest Techniques

his back with the palms up, lean forward at the waist and keep his head up and look straight ahead.

- b) The officer grasps the subject's right hand by placing the palm of the non-weapon hand against the back of the subject's hand. The subject's right hand is slightly rotated clockwise. The subject's arm is pulled slightly away from his back.
- c) Place the bottom handcuff on the radial bone (above the thumb) of the right wrist applying downward pressure so that the single blade "cycles" to a lock position. Control of the right arm is effected by maintaining a fisted grip of the top (thumb side) handcuff.
- d) After placement of the bottom handcuff, the officer transfers the grip of his non-weapon hand to the subject's left hand. The palm of the officer's non-weapon hand is placed against the palm of the subject's left hand. The subject's left hand is pulled slightly toward the subject's right hand.
- e) Immediately place the top (thumb side) handcuff on the radial bone (above the thumb) of the left wrist applying downward pressure so that the single blade "cycles" to a lock position.
- f) Ensure that handcuffs are adequately closed and double locked.
- g) Conduct an appropriate search incident to the arrest or detention as the situation dictates.

5. Supplemental control

- a) Should the subject resist upon application of the first handcuff the officer must assess:
 - (1) If sufficient control can be maintained to continue application

Subject Control/Arrest Techniques

- (2) If an appropriate physical technique should be utilized to place the individual in a kneeling or prone position
 - (3) If disengagement is necessary to prepare for additional force options.
 - b) To effect placement of the subject to a prone position after application of the first handcuff the officer rotates the first applied handcuff and right hand clockwise. The subject's arm should be extended downward toward the officer's right foot as the officer steps back on his/her right foot at an approximately 45° angle, forcing the subject to a prone position.
 - c) The officer then utilizes prone handcuffing procedures as described in Section 8b(10).
6. Removal of handcuffs
- a) When removing the handcuffs, the officer should maintain a position in Zone 4.
 - b) Instruct subject to spread his/her feet wide apart pointing toes outward.
 - c) With the weapon hand the officer grasps the left handcuff, controlling the lock housing with the index finger and thumb.
 - d) With the key in the non-dominant hand, remove the left handcuff first and have subject either place his/her left hand on the back of their head or straight out to the side with palm facing to the rear.
 - e) Close the handcuff. With handcuff closed, maintain control by keeping slight tension on closed handcuff by extending the handcuff and chain with left hand or thumb.
 - f) Position the weapon hand at the subject's right wrist controlling the handcuff lock housing with the thumb and index finger. Remove the right handcuff and secure the handcuff key.

Subject Control/Arrest Techniques

- g) Close and secure the handcuff.
- h) Place the non-dominant hand on the subject's shoulder. Fully extend the non-dominant arm. The officer steps back turning the weapon side completely away while using the non-dominant hand to prevent suspect from turning. Subject is told to step forward. The officer establishes a defensive stance.
- i) Use of a kneeling position or placing subject in a chair, on a bench, or on the floor increases the officer's safety during handcuff removal as it limits the subject's mobility, balance, and ability to kick. It also minimizes a subject's height or weight advantage.

7. Adjusting handcuffs

- a) Should an officer determine that handcuffs need to be loosened to reduce potential injury, the suspect should be placed in a kneeling position or seated in a chair. Tightness should be checked by examining the handcuff at the radial bone of the wrist (above the thumb). A fingertip should easily slip between the radial bone and handcuff blade.
- b) When possible, any adjustment should be completed by two officers or placing subject in a kneeling position.
- c) If two officers are present one officer should control the subject's hands or arms while the handcuff is being adjusted by the other officer.
- d) The officer adjusting the handcuff should place one hand over both the ratchet blade and the double blade while utilizing the key to release the ratchet. If resistance/struggle is encountered during adjustment the handcuff key should be immediately released.
- e) Do not attempt to retrieve the key until control of the subject is effected. By leaving the key in place the officer avoids unintentionally releasing the ratchet blade.

Subject Control/Arrest Techniques

- f) When adjusting the handcuffs, the ratchet blade should not be allowed to completely retract but should be maintained with the covering hand until the handcuff is sufficiently loose.
- g) To tighten a handcuff which appears too loose an officer should use one hand to cover the ratchet and double blade while releasing only the double lock mechanism with the key. The officer may then adjust the handcuff by applying pressure to the ratchet blade.

8. Alternate handcuff applications

Use of alternate handcuffing positions, in addition to the standing position, increases the officer's safety during handcuff application as they limit the subject's mobility, balance, and strike delivery. In some instances it reduces a subject's height or weight advantage over a smaller officer.

In instances of high risk, reducing a subject's mobility and minimizing sudden actions makes kneeling or prone application a necessity.

The environment often dictates which method will be utilized. In an area where insufficient space is available for prone handcuffing or where furniture or ground cover may conceal weapons, kneeling may be more practical. In other instances, use of a physical control may dictate prone handcuffing.

- a) **Kneeling**
 - (1) The subject is positioned to face in a direction away from the officer.
 - (2) The subject is directed to extend arms out to his sides at shoulder level with his thumbs down.
 - (3) The subject is directed to kneel.
 - (4) The subject is directed to place his hands behind his back with his palms pointed upward. (The waistband should be scanned for weapons prior to this command.)

Subject Control/Arrest Techniques

- (5) The officer readies the handcuffs and approaches the subject.
 - (6) The officer grasps the subject's right hand with his/her left hand.
 - (7) Cuff as previously described in Section G4.
 - (8) Double lock and conduct a mini search.
 - (9) Conduct an extended body search prior to transporting.
- b) Prone handcuffing position
- (1) The subject is positioned to face in a direction away from the officer.
 - (2) The suspect is directed to kneel.
 - (3) The subject is directed to a face down prone position.
 - (4) The subject's hands are directed to the ground and placed out from his sides with the palms up.
 - (5) The subject's legs may be crossed (right over left) and feet raised to buttocks prior to the officer's approach.
 - (6) The officer grips the handcuffs, single blades forward.
 - (7) The officer directs the subject to raise his hands off the ground and bring them behind his back with the palms up. (Officer should scan the waistband for possible weapons.)
 - (8) The officer moves toward the subject from Zone 2, 3 or 4 and places his left foot near the subject's right hip.

Subject Control/Arrest Techniques

- (9) The officer cuffs the subject as previously described in Section G4.
- (10) If the officer has placed the subject in a prone position by means of a physical control, the officer should apply handcuffs as follows:
 - (a) The subject's arm is controlled with a bent wrist and maintained as perpendicular to the ground as possible.
 - (b) The subject's arm is cradled between the officer's lower thighs.
 - (c) The officer's right knee can be positioned across the shoulder blade of the subject in a "check" position with no downward force applied. The officer's weight is resting on the balls of his feet. The officer's left knee can be placed on the floor/ground next to the subject if unable to maintain balance on the balls of the feet.
 - (d) Should the subject begin resisting, the officer may lean forward temporarily placing weight onto the subject. He may also use his thighs to "scissor" the subject's extended arm.
- (11) Cuff as previously described.

The subject's right arm should be bent and lowered to the subject's back for application of the second handcuff. The arm should be maintained in the controlled position as described in Section 8b (10) during repositioning for the second handcuff application.
- (12) Conduct an appropriate search incident to arrest or detention as the situation dictates.

Subject Control/Arrest Techniques

- (13) Allow the subject to roll facing away from the officer. The subject should come to rest on his right side.
- (14) While subject is on his right side, have him/her raise his/her right knee to his/her chest and assist subject to his knees by pushing his shoulders/torso forward. The subject then places one foot on the ground and stands.

H. Searches

- 1. The purpose of the initial or “mini” search is to remove weapons. Care should be taken to search areas easily assessable after the suspect is handcuffed. These areas include waistband, cuffs, sleeves, pockets, belt, jackets, shirt, and any article of clothing the individual may be able to reach even after handcuffed.

- 2. Types of search

- a) Cursory search - also called “frisk” or “patdown”

- (1) A quick, superficial search
 - (2) A contact or patting of the outer clothing to detect concealed weapons
 - (3) Police officers may use a frisk search if they have reasonable suspicion to believe a subject is armed and dangerous

NOTE: Show slide and refer students to handout, “Federal Bureau of Investigation Guide to Concealable Weapons.”

- b) Search incident to arrest

- (1) This is a complete search of the individual and individual’s clothing for concealed weapons, contraband, etc., after the suspect has been arrested and properly handcuffed. This search may be conducted from any of the three handcuffing positions.

Subject Control/Arrest Techniques

- (2) Areas to be searched - In the search of a suspect, items can be concealed in, on, or about the person. Overlook nothing as a possible place of concealment.
 - (a) Hats, hatbands, and hair
 - (b) Ears, nose, and mouth
 - (c) Inside forearms, arm pits, and chest
 - (d) Collars and neckties
 - (e) Small of back, stomach, and navel
 - (f) Crotch, privates, and rectum
 - (g) Back of knees, legs, and toes
 - (h) Bandaged or splinted areas
 - (i) All clothing, belts, suspenders, cuffs, and shoes
- (3) The actual search of the suspect must be conducted with tolerable intensity and reasonable scope. There is no set formula to determine the tolerable intensity and reasonable scope of the search. Each case must be decided on its relevant facts and circumstances which the law enforcement officer must be able to articulate.
- (4) Generally, to determine reasonableness, courts look at:
 - (a) The scope of the particular search
 - (b) The manner in which the search is conducted
 - (c) The justification for initiating the search

Subject Control/Arrest Techniques

- (d) The place in which the search is conducted
- (5) The scope of a search may vary depending on whether the search is made before the suspect's arrest, at the time and place of the arrest, or at the law enforcement center. Searches such as a strip search can be justified in public places if limited in scope and required by unusual circumstances. Searches made in a public place that are impractical, unreasonable, or embarrassingly intrusive, such as disrobing an arrestee in public incident to his arrest, probably are better off made privately at the law enforcement center. However, the existence and availability of other less intrusive means of searching does not necessarily make the search in a public place unreasonable or invalid.
- (6) During the search, officers must take necessary and reasonable precautions to prevent the public exposure of the suspect's private parts. Examples of necessary and reasonable precautions recognized by North Carolina courts are:
 - (a) On the grassy edge of the highway, between the suspect's car and the officer's car, where the suspect is not exposed to oncoming traffic because the view is blocked by the officer's car and the officer is standing in front of the suspect.
 - (b) Having the suspect step behind the open car door of the officer's vehicle and having the officer position himself between the suspect and the car door on the outside.
- c) Strip search
 - (1) This is a complete and thorough examination of an arrested subject
 - (2) All clothing is removed from subject
 - (3) Usually conducted at place of incarceration

Subject Control/Arrest Techniques

I. Handgun Retention/Takeaway

NOTE: Show slide, “Video.” Play video, *Group V – Weapon Retention/Disarming Techniques* (7:15 minutes). Show video before demonstrating each technique.

1. Statistics

- a) In 2005, the latest year for which stats are available through the FBI, of the 50 officers killed feloniously with firearms, **6 law enforcement officers were killed with their own weapons. Over the last 10 years more than 10% of officers killed in the line of duty by firearms were killed with their own duty pistols** (the high year was 2003, in which 11 of the 45 officers were killed with their own pistols, totaling 24%). Numbers only tell part of the story and are cold and impersonal. These incidents include:¹⁷
 - (1) Officer James Prince from North Carolina, killed with his own pistol during a traffic stop.
 - (2) Sgt. Hoyt Teasley from Georgia, killed after a suspect assaulted another deputy and obtained a duty pistol while in a correctional facility.
 - (3) Detective Sergeant James Allen from Rhode Island, disarmed and killed while interviewing a suspect inside police headquarters.
 - (4) Lt. James Weaver from Virginia, killed by a juvenile suspect during a prisoner transport.
 - (5) Deputy Claudia Killebrew from Montgomery County (TN) Sheriff’s Office was attacked and disarmed by a female assailant while responding to a call. The assailant fired two shots at Deputy Killebrew—the deputy sprayed the assailant with pepper spray and recovered her weapon.
 - (6) In Cleveland, a suspect grabbed an officer’s gun at Cleveland Hopkins International Airport and shot another patrolman in the chest at the United Airlines ticket counter after ticket agents called about the suspect’s behavior.

Subject Control/Arrest Techniques

- b) Each officer was assaulted during a different type of call or assignment in different parts of this country while working for agencies large and small, and the officers were shot with their service pistol or a handgun of a coworker. When talking about officers killed, these numbers have names and each officer killed leaves family, friends and coworkers wondering what, if anything could have been done to prevent these tragedies.
- 2. Officers should be made aware that an attack which includes an attempt to disarm an officer should be considered a lethal deadly force confrontation. Therefore, the officer is justified in using proportional force (up to and including deadly) to respond to the attack.
- 3. Officers should also regularly check the condition of their leather gear/duty equipment. No holster system is fool proof and is potentially the weakest link in a weapon retention situation. No matter what “threat level” holster is worn by an officer, it can fail or be damaged during a confrontation. If an officer’s holster is damaged, worn, or seemingly defective, it should be replaced immediately.
- 4. When training weapon retention and weapon disarming techniques, officers should use holster systems/duty rigs and weapons that duplicate their own.

NOTE: No functional firearms should be used in class. Practice weapons should be plastic or metal models of the student’s service weapons or a service weapon that cannot be fired. Weapons should be checked before class for maximum safety.

- 5. Technique considerations¹⁸

Regardless of the setting, the fundamentals of an attempted disarming of an officer are essentially the same, as are the officers’ technique/force option considerations. Whatever method(s) we revolve our survival training around, it must be:

- a) Based on gross motor skills;
- b) Practiced properly and regularly; and

Subject Control/Arrest Techniques

- c) Able to be recalled under high stress.

We should also have plans for when we are on the ground, and an attempted disarm is made by an assailant, regardless of position. Remember, physical skills follow the law of diminishing returns, which states that the farther from the training event you get, the less able you are to perform the skill. Even without a training partner, you can and should practice securing the pistol in the holster and effecting the release, which builds a motor program that can be reverted to under stress.

You're in a fight for your life! Secure the weapon, position, effect the release, then get distance and draw your pistol. Never, ever give up!

6. Handgun retention methods (in-holster)

The following techniques come from Krav Maga and are more realistic, forward-moving, and less “ability-based.” Krav Maga is not a traditional martial art. It was developed in a hostile environment in which combatants could not devote many hours to hand to hand combat training. Therefore, the Krav Maga system was created to bring students to a high level of proficiency in a relatively short period of time.

Krav Maga training stresses the ability to react when surprised. Techniques and training methods emphasize the ability to function from a poor state of readiness, and to move from a passive to aggressive state immediately in order to fight back and survive.

- a) Frontal attack
 - (1) The officer traps and pushes the weapon into the holster while dropping center of gravity.
 - (2) As the assailant attempts to pull the weapon out, the officer moves into the assailant—closing the gap—and strikes the assailant repeatedly enough to loosen the assailant's grip (or effect the release).
 - (3) The officer can then strike the assailant's wrist in a sweeping motion—either from the inside or outside—to effect the assailant's release of the weapon.

Subject Control/Arrest Techniques

b) Side/rear attack

- (1) The officer traps and pushes the weapon into the holster while dropping center of gravity, and turning toward the assailant.
- (2) As the assailant attempts to pull the weapon out, the officer turns further into the assailant—closing the gap—and strikes the assailant repeatedly enough to loosen the assailant's grip (or effect the release).
- (3) The officer can then strike the assailant's wrist in a sweeping motion—either from the inside or outside—to effect the assailant's release of the weapon.

Note: The type and manner of strikes to the suspect will depend on the officers' skill, perception of effectiveness, and position.

c) Side-mount attack (from the non-gun side)

- (1) If the officer is supine and the assailant attempts a disarm by reaching across the officer's body from the side, the officer traps and pushes the weapon into the holster.
- (2) The officer will raise the upper body enough to be able to bring the non-gun hand/arm underneath the assailant's arm, wrapping back over, and placing the palm of the hand on the back of his/her own head (this creates a modified trap of the assailant's arm).
- (3) The officer will roll toward the shoulder closest to the suspect, and into a prone position—maintaining control of the weapon.
- (4) The officer strikes the assailant repeatedly enough to loosen the assailant's grip (or effect the release), allowing the officer to disengage and stand.

Note: If the assailant attempts a disarm from the gun side of the officer, the officer traps and

Subject Control/Arrest Techniques

pushes the weapon into the holster and rolls on his/her side toward the assailant (using the ground to help retention). The officer can then deliver repeated strikes to the assailant to effect the release and disengage.

- d) Full-mount attack
 - (1) If the officer is supine and the assailant attempts a disarm from a full mount, the officer traps and pushes the weapon into the holster.
 - (2) The officer will raise the upper body enough to be able to bring the non-gun hand/arm underneath the assailant's arm, wrapping back over, and placing the palm of the hand on the back of his/her own head (this creates a modified trap of the assailant's arm).
 - (3) The officer will raise the hips and roll toward the shoulder closest to the suspect, and into a prone position—maintaining control of the weapon.
 - (4) The officer strikes the assailant repeatedly enough to loosen the assailant's grip (or effect the release), allowing the officer to disengage and stand.

7. Handgun retention methods (weapon drawn)

NOTE: For safety in training, the student playing the assailant should always grab the weapon with both thumbs pointing toward the officer. This will help reduce potential elbow injuries.

- a) Frontal attack
 - (1) As the assailant grabs the weapon, the officer offsets the assailant's balance by turning the weapon "up" and toward the officer's gun side.
 - (2) The officer can follow-up with shin kicks to the femoral area of the assailant.

Subject Control/Arrest Techniques

- (3) The officer will then pull the weapon toward the officer's gun side shoulder (or step in) and strike the assailant's wrist with the shoulder opposite the gun side, while at the same time pulling the weapon out of the assailant's grasp.

Note: If the weapon is pushed up and back by the assailant, the officer should use caution if attempting a kick as this may compromise balance. The officer should step off-line and repeat the Frontal Attack retention technique.

b) Side attack (from the officer's gun side)

- (1) As the assailant grabs the weapon, the officer offsets the assailant's balance by turning the weapon "up" and toward the officer's gun side.
- (2) The officer can follow-up with shin kicks to the femoral area of the assailant.
- (3) The officer will then pull the weapon toward the officer's gun side shoulder (or step in) and strike the assailant's wrist with the shoulder opposite the gun side, while at the same time pulling the weapon out of the assailant's grasp.

Note: If the assailant attempts a grab from the officer's non-gun side, the officer should pull the weapon toward the officer's gun side shoulder, step off-line and repeat the Frontal Attack retention technique.

Note: If this is the officer's weapon, be sure to "tap and rack" it, since the attempted disarm may have caused a potential malfunction.

8. Handgun takeaways

An officer must remember several things before attempting to remove a weapon from a subject. The officer's ability, distance from the subject, environment, and time are just some factors. The officer should attempt to communicate as much as possible, before

Subject Control/Arrest Techniques

any removal is attempted. However, in those situations when time is of the essence and the officer has no time to talk, action must be taken. The following handgun takeaways are basically the same. The only difference is one takeaway is from the front and one is from the rear.

The following takeaway techniques follow the principles of Redirect, Control, Attack, and Takeaway. Redirect means redirecting the weapon away from the officer's body. Control means to maintain a solid grip on the weapon, axis forward, and up on the balls of the feet. Attack means to deliver repeated strikes to the assailant. Takeaway means for the officer to remove the weapon from the assailant's grasp.

NOTE: Once the weapon is re-directed, the focus should then switch to the assailant—we have to do something to make the assailant not want to continue to hold the weapon. This must be accomplished with hard, fast strikes to the assailant. If we do not do this, the assailant will also focus strictly on the weapon (remember, at that point the assailant is also fighting hard), and the stronger more balanced person will be dominant.

a) Frontal assault

- (1) As the gun is presented, the officer grabs the weapon sharply and “drives” it down while “blading” the body, so that the officer is out of the line of fire. The officer should already be putting weight down on the weapon by leaning into it and coming up to the balls of the feet.

Note: As the officer redirects, the other hand can already be coming up to punch, palm strike, elbow, etc., but it should be close to your body so that it is not in the line of fire.

- (2) As the officer bursts in, keeping weight on the weapon, he/she should deliver repeated strikes to the assailant using a closed fist, palm of the hand, and/or elbow/forearm (multiple strikes may be necessary). Always make sure the weight stays on the weapon!

Subject Control/Arrest Techniques

- (3) To take the weapon away, the officer slides the hand along the body (to avoid the line of fire); reaches down and under the weapon, and grabs at the hammer or back of the slide. The officer rotates the gun sharply 45° to “break and take” it from the gunman’s grasp.

NOTE: This may break the gunman’s finger. In training DO NOT let students put their fingers in the trigger guards.

- (4) As soon as the weapon is completely in the officer’s possession, the officer retreats to a safe distance, and moves to appropriate control (if this is the officer’s weapon, be sure to “tap and rack” it, since the attempted disarm may have caused a potential malfunction).

Additional Notes:

Once out of the line of fire, the officer must not allow any part of the body to go back in.

The officer is not racing against the pull of the trigger, but rather the assailant’s recognition of movement, and his reaction to that movement. Therefore, initial redirections must involve the least detectable moves possible.

The technique described above works in most instances where the handgun threat is in front of the officer. If the gun is pointed at the head, the only difference is that we make an earlier body defense by moving the head even before the hand has reached the gun.

These are extremely high-risk techniques that should be used when the officer feels that serious physical injury or death is imminent.

- b) Rear assault

Subject Control/Arrest Techniques

- (1) As the threat is applied, the officer must look quickly to the rear. What is touching the body is not as great a concern as where the weapon actually is.
- (2) Leading with the arm, the officer should turn deeply enough to redirect the weapon and take the body out of the line of fire. If the gun is held low, the arm will make the redirection, along with the body defense. If the gun is held high on the back (or head), the arm will have little or no effect, and the officer will mostly make a body defense.
- (3) While stepping very deep, the officer will bring the “leading arm” up, wrapping attacker’s upper arm, and bring the fist tightly to the chest to secure the forearm holding the gun.
- (4) With the opposite arm, deliver an elbow strike to the assailant’s face/head. As the elbow strikes are delivered, the officer can slide his/her arm back to secure the wrist of the assailant.
- (5) Follow with knee and/or shin strikes to the lower body closest target areas of the attacker (thigh, lower leg, groin, or abdomen).
- (6) To take the weapon away, the officer should push the shoulder forward and with the off hand, reach over the weapon, pinky up, and grab the barrel. Snap down hard with the elbow to break the assailant’s grip, while pushing the shoulder (not whole upper body) forward.

Note: The officer should be sure that the hold on the wrist is strong. Press the fist to the chest. Push the shoulder forward (not the whole upper body). There should be no gaps or spaces which would allow the assailant to pull the weapon away (“handcuff principle”).

- (7) As soon as the weapon is completely in the officer’s possession, the officer retreats to a safe distance, and moves to appropriate control (if this is the

Subject Control/Arrest Techniques

officer's weapon, be sure to "tap and rack" it, since the disarm may have caused a potential malfunction).

J. Aerosol/Chemical Sprays

NOTE: Show slide, "Aerosol Sprays."

Law enforcement encounters resulting in serious injury and death have increased continually in recent years. This increase can be attributed to drug usage, an over-burdened criminal justice system, and a general lack of respect for authority.

The need for less than deadly types of weapons for law enforcement officers is a recognized reality. With the use of aerosol sprays, the officer has at his disposal a non-deadly weapon which is effective at controlling noncompliant subjects, while producing no known lasting injuries. It therefore can provide a level of safety for the officer, the subject, animals, and the general public.

1. Canister types

It is possible to dissolve CN, CS, or OC in a suitable solvent and place it in a sealed aerosol canister. The liquid containing CN, CS, or OC is projected in the form of liquid stream, dust, foam, or mist. The liquid evaporates rapidly leaving the chemical agents to produce their normal effects.

- a) Full cone spray - wide dispersion of spray which has a short range. The disadvantage of this pattern is that it contaminates a wider area which can affect other subjects and officers present. Officers should wait at least 15 seconds before entering the area. This method is also affected by wind conditions.
- b) Fogger spray - utilizes large amounts of chemical spray, has a long wide range of dispersion which is commonly used in raid and crowd control situations.
- c) Ballistic stream - has a powerful concentration stream which will penetrate the wind with a tight pattern, but may not have a great effect on the respiratory system. This pattern hits the subject with a splatter effect. Due to the

Subject Control/Arrest Techniques

ballistic nature of the stream the officer should disengage from the subject.

- d) Foam - more difficult to remove from the affected area, has an immediate effect on the eyes, concentrates the effect on the subject being sprayed which reduces contamination to others in the area.
- e) There are various weights and sizes of canisters available. The effective range of the aerosol spray depends on the make and model of the product.
- f) Parts of aerosol canister: safety, actuator, nozzle, valve, canister, and tube.

2. Spray patterns

- a) Circular pattern - is best used if a subject is advancing by bobbing and moving. It covers a wide area of the face.
- b) Vertical pattern - one on one, good for attacking animals.
- c) Horizontal pattern - is best used for multiple targets, side to side.

3. Other considerations for use of aerosols

- a) Most aerosol canisters may burst if exposed to prolonged 120°F heat or sunlight.
- b) Prolonged exposure to temperatures below 32°F may result in slower discharge.
- c) The canisters should be stored in a cool, dry place at comfortable room temperatures.
- d) Some aerosol manufacturers recommend that the canisters be shaken periodically if not used regularly.
- e) Be familiar with the type of canister you carry, safety precautions, and the operation of the spray top mechanism.

Subject Control/Arrest Techniques

- f) Carrying capability or type of holster should be considered for proper deployment
- g) Training and practice with inert units are periodically recommended. It is also recommended that you be familiar with the effects of and decontamination procedures for the product you are using. You should also have the Material Safety Data Sheet of your product available to give to hospital personnel if your sprayed subject should require any medical treatment.
- h) Application techniques for aerosol products may vary depending on the product being used and the purpose of its use. Some units are manufactured to discharge in a spray/mist pattern, while others use a stream.
- i) The element of surprise can work best to the officer's advantage. The suspects will gasp thus inhaling more of the aerosol product, causing the subject to exhibit considerably more severe reactions than witnessed under normal conditions.
- j) Remember that it can be used on you if taken away.
PROTECT YOUR AEROSOL SPRAY!

4. Oleoresin capsicum

NOTE: Show slide, "Oleoresin Capsicum."

- a) Oleoresin - as defined by *Webster's Dictionary*, is a mixture of an essential oil and resin found in a natural state or prepared for pharmaceutical purposes.
- b) Capsicum - any solanaceous plant of the genus capsicum occurring in many pepper varieties of the garden, that has pungent seeds, ranging from mild to hot, enclosed in a podded or bell shaped pericap.
- c) Oleoresin capsicum – oil of capsicum.
- d) Capsaicinoids (cap-SAY-a-noids) – a group of compounds naturally occurring within the fats, oils, and waxes of the

Subject Control/Arrest Techniques

pepper plant. The amount of these compounds determines the pungency of the pepper.

- e) Capsaicin (cap-SAY-a-sin) – the most prevalent of the 7 compounds found within the capsaicinoids, and considered to be the active ingredient in OC.
- f) The heat or pungency of the capsicum uses the “Scoville Organoleptic Test of 1912” and is expressed in Scoville Heat Units (SHUs). The SHU is a measure of heat as perceived from the burning sensation when peppers are placed on the tongue (perception of heat from taste). For example, a green bell pepper has zero SHU, while a jalapeno pepper has 5,000 SHU.
- g) Testing has shown that 1% oleoresin capsicum is sufficient, but the F.B.I. requested a concentration of 5% oleoresin capsicum for testing. The 5% oleoresin capsicum concentration is rated as having 1,000,000 SHUs.
- h) The FAA rules regarding aerosol products and weapons prohibits carrying these on board commercial aircraft and is a federal offense that carries a stiff penalty.
- i) OC is classified as an inflammatory, a substance which causes localized heat, redness, swelling, and pain to all contaminated skin and tissues. The color code for OC is orange.
- j) OC may be produced as oil-based or water-based. Oil-based solutions typically are produced using more industrial solvents, have a higher concentration of capsaicinoids (greater SHUs), more pungent by volume, take longer to decontaminate, and are usually produced as a 5% OC formulation. Water-based solutions are diluted primarily with water, have a lesser concentration of capsaicinoids (lower SHUs), and are therefore less pungent by volume. However, they are usually quicker to decontaminate and usually produced as a 10% OC formulation.
- k) Psychological effects of oleoresin capsicum

Subject Control/Arrest Techniques

The subject has a feeling of:

- (1) Helplessness
- (2) Panic
- (3) Anxiety
- (4) Fear

1) Physiological effects of oleoresin capsicum

- (1) Capsicum based products are classified as inflammatory agents. The primary effects of these products are to the eyes, nose, throat, and skin areas.
- (2) A one second burst applied directly to the face, even with eye glasses on, may result in the immediate closing of the eyes. This effect is the result of an autonomic response of the facial nerves and is not caused by the so called “swelling” reaction spoken of by other training programs. The resulting temporary blindness will cause a disorientation that usually forces the subject to the ground for security.¹⁹
- (3) The effects on the eyes, occurring within two seconds, is followed immediately by a coughing, gasping sensation that forces the subject to concentrate on drawing enough oxygen. The sensation is that the subject cannot breathe. The product allows life-support breathing, yet forces the subject to concentrate on survival rather than fighting actions. It wins the mind and defeats the body, and it induces fear with anxiety.
- (4) An intense burning of the skin, described by some as “feeling like their face is on fire,” quickly compounds the other effects. This effect of the skin will often be followed by a slight blush to a bright red tone.

Subject Control/Arrest Techniques

- (5) Exposed clothing may become discolored with a yellowish orange cast from the natural dye of the capsicum. In most cases, this will wash out of clothing if treated directly with soap and water.
 - (6) Although the effects are devastating, this condition is only temporary. When assistance such as water or cool air is given, the eyes can be opened in two to ten minutes, and the respiratory effects will gradually diminish over a ten to thirty minute period of time.
 - (7) The effects of the skin, depending on the assistance given, may take forty-five to sixty minutes to disappear with a slight redness in some areas, remaining on sensitive individuals for up to two hours.
 - (8) CN and CS will produce “welting” and blistering of the skin if the subject is not removed from the area of contamination. However, OC will not produce the welting or blistering.
 - (9) The severity of the CN and many CS products can cause a much harsher impact on the sensitive mucus membranes because they rely on pain sensitivity to be effective.
 - (10) The effects of OC will cause a loss of coordination, intended thought process, and upper body control, thus incapacitating and rendering compliance.
- m) Deploying of oleoresin capsicum
- (1) The most basic defensive measure available to you is the use of dialogue to persuade a subject to cooperate. “Talking” a subject into compliance avoids the inherent danger of a physical confrontation in which the officer/subject may be injured. Because dialogue is the best defensive tactic, a **verbal warning** may be given. If an officer is under an immediate attack, action should

Subject Control/Arrest Techniques

be taken without warning. Command the subject to get down on the ground, stop.

- (2) Make sure prior to the verbal warning that you have the canister in your hands and ready to deploy. Do not allow the subject to close the reactionary zone and you still have the OC canister in the holster. Always think **officer safety**.
- (3) The officer should attempt to disengage from the subject before drawing the OC spray. The officer should allow approximately six feet from the subject to keep the subject from knocking the canister out of the officer's hand. To prevent eye tissue damage, keep a minimum distance of 36 inches between the canister and suspect's face.
- (4) Using the thumb to activate the actuator, the canister should be held in the dominant hand and aimed at the face. The dominant arm is extended, with the non-dominant hand used for support. The non-dominant hand can also be used to keep an advancing subject off of the officer.
- (5) The target area is at the bridge of the nose and administered in one second burst.
- (6) If the spray is to be used on an animal, a vertical spray should be used from the eyes to the nose for one to two second burst.
- (7) The officer should spray and step moving in a circular motion away from the subject while giving verbal commands: "Down, get down on the ground." The effects of aerosol sprays are no different from any other pain compliance technique which puts a subject under distress. The officer must tell the subject what is expected to gain compliance to stop the application of OC spray. Look for the eyes to close and the hands to go up to the face.

Subject Control/Arrest Techniques

- (8) **Goal oriented subjects can still fight and attack an officer even after being sprayed several times.** If several applications have been applied and compliance is not gained, the officer should consider other options.
- (9) After compliance is gained, handcuff and search the subject. During the search, assurance should be given to the subject that he will be decontaminated. A responsive dialogue with the subject should be maintained by the officer.

n) Post-exposure care

Note: Agency policy and procedure may require different or additional post use care protocol.

After the subject has been handcuffed, decontamination should be administered. No medical attention should be necessary to eliminate the product's effect. However, the following steps will aid in the subject's recovery.

- (1) Remove the subject from the area of exposure to an area of fresh air, unless your safety is jeopardized. It is recommended that you wait a period of fifteen minutes before transporting to allow natural evaporation to reduce the effects in the patrol car.
- (2) Reassure the subject that the effects will diminish with time.
- (3) Have the subject face into the wind or breeze and do not allow the subject to rub his eyes or face. The officer should avoid touching his own face, eyes, and mouth until he has washed his hands.
- (4) Where possible, flush the subject's eyes and face with copious amounts of water. Bottles of water or saline solution may be carried in patrol vehicles for this purpose. Pat dry the face--do not rub. Tearing helps to clear the eyes. A mild, non-oil based soap may be utilized to wash the affected area if available. If the subject is wearing contact lenses,

Subject Control/Arrest Techniques

assistance should be obtained in removing the lenses.

- (5) Ascertain if the subject suffers from any respiratory problems such as asthma, bronchitis, or emphysema. Look for any type of medical alert symbol on jewelry.
 - (6) Subjects who have difficulty in recovery should be given medical attention if symptoms have not disappeared in one hour. Those subjects who suffer from unusual respiratory effects should be given medical attention immediately.
 - (7) To prevent positional asphyxiation, caution should be used when placing a subject in a patrol vehicle. The subject should be placed in an upright position. Do not restrain the subject's hands and feet together or do not place the subject face down for an unreasonable amount of time. The subject should be monitored and not left alone until they have fully recovered from being sprayed. Should the subject go unconscious the officer needs to ensure the subject maintains an open airway. Special attention should be given if the subject is large, obese, or is under the influence of any alcohol or narcotic, especially cocaine. If these conditions are present the officer should closely monitor the subject's breathing and any other unusual health conditions. Should the subject suffer from respiratory difficulty, the officer should call the EMS immediately and ensure the subject has an open airway.
 - (8) The officer should notify jail personnel that the prisoner has been sprayed with an aerosol agent. Some detention facilities may require medical attention prior to the admittance of a prisoner.
 - (9) Documentation of use of force should always be completed for use of chemical agents.
- o) Post-use care for animals

Subject Control/Arrest Techniques

- (1) Once the animal has been sprayed, the desired reaction is that the animal will turn and run from the officer. It is strongly recommended that the officer make every attempt to locate the owner of the animal (if domestic).
- (2) The officer should not make any attempt to decontaminate the animal himself/herself.
- (3) Once the owner has been located, the officer should explain the circumstances and tell the owner how to decontaminate the animal. The animal's eyes should be rinsed with copious amounts of water. If the animal has any sort of reactions or does not recover after forty-five minutes to an hour, the owner should seek advice or treatment from their veterinarian.
- (4) If an owner cannot be found, the officer should contact animal control in the appropriate jurisdiction and explain the situation.

K. Defending Against Animal Attacks

NOTE: Show slide, "Animal Attacks."

Most incidents involving animal attacks, especially canines, can be avoided. There are usually obvious signs of animal presence, especially in residential settings. The officer must maintain his awareness level in unknown environmental surroundings. By looking for signs, the officer can usually avoid contact with any animals. Some signs to look for are fenced in areas with a worn path around the inner perimeter, animal houses, animal feeding or watering containers, animal toys, etc.

You, as a law enforcement officer, are trained to control and apprehend subjects. In most incidents, that task will involve humans rather than animals. Unless there is a need to make contact with an animal, avoiding the animal is probably in the best interest of the officer. However, in some incidents you may have to control or apprehend animals.

1. Rabies

Subject Control/Arrest Techniques

Rabies is a concern if the officer is attacked and/or bitten by a wild or domestic animal. Rabies is not a blood borne pathogen; it is transported through the nervous system. It is transmitted through the infected saliva or central nervous system (CNS) tissue of a rabid animal.

a) Wildlife

Although there are regional differences, carnivorous wild animals (especially skunks, raccoons, and foxes) and bats are the animals most often infected with rabies in the United States. Rodents, with the exception of woodchucks, are almost never infected with rabies.

Most wild animals will not attack domestic animals or humans; however, there are incidents when a wild animal will attack. If a wild animal is attacking (for reasons other than food), it is either sick (rabies), protecting its young, or it has been backed into a corner with no escape route.

b) Domestic animals

Domestic animals (dogs and cats) can be infected with rabies. This usually occurs if the domestic animal has not been vaccinated and is bitten by an infected wild animal. If this happens the health department will usually request the destruction of the domestic animal. Owners of domestic animals are encouraged and required to have their pets vaccinated.

c) Rabies exposure in humans

Bite exposure with potentially infected saliva is the most likely exposure to result in human rabies. **Any bite exposure by a potentially rabid animal warrants post-exposure treatment.** Occasional non-bite exposures, such as contamination of an open wound or mucous membrane with contaminated saliva or CNS tissue, have resulted in human rabies. Only saliva and CNS tissue should be considered potentially infectious. Furthermore, if the material containing the virus is dry, the virus is noninfectious.

Subject Control/Arrest Techniques

2. Canine attacks

Most of the serious animal attacks against officers are from canines, either attack or guard dogs, or even pet dogs. The basic concept of defense from human attacks can be applied when attacked by a dog; however, there will be a few differences.

Aggressiveness toward canines:

Canines perceive three (3) actions against them as aggressive and a dominating process when in their territorial and personal space, and they could respond by attacking.

- a) Eye-to-eye contact
- b) Stand over posture
- c) Physical contact

The officer's awareness of these facts and his need, or lack of need, for coming in contact with the canine are critical in avoidance defense from an attack.

3. Techniques of defense against canine attacks

Officers are trained to look for behavior cues to prepare for an attack from a human. This allows for choice of weapon and defensive or offensive actions. The same will be true when the opponent is a canine.

- a) Canine behavior cues (body language)
 - (1) Arousal. Dog is standing, tail is up, ears are up, a front paw may be bent and off the ground.
 - (2) Play-soliciting. From the arousal position the dog wags its tail; the front paw may be off the ground and extended to the front. From this position the dog may go into a submission position. It will lower its tail, bend down, and roll over to its side.
 - (3) Aggression. The tail is curled and pointed forward, the ears become rigid, the fur on the back and back

Subject Control/Arrest Techniques

of the neck is standing, the teeth are showing, front leg may be bent, but is still on the ground.

- (4) Fear. From the position of arousal or aggression the dog may go to a position of fear. The tail will be in a horizontal position and then may drop, the ears will turn back, and also, the dog may back away or appear to be in a backing posture. Remember, any animal, wild or domestic, may attack when in fear or backed in a corner with no escape route.

b) Unarmed defense

The officer must remember that with any and all attacks made against him/her, the first line of defense may be to remove himself/herself from the line of attack. The officer's reactionary zone and time will be critical at this point. If the officer can avoid the first strike of the attack he will increase his options of defense and/or offense. If the officer cannot remove himself/herself from the line of attack and the bite is **unavoidable**, the officer should:

- (1) Extend his/her less dominant arm if possible or any extremity (the main point to remember here is to keep the dog from biting the officer's body, which could cause damage to a vital organ).
 - (a) The officer pushes the dog away, grabs the dog's throat with the officer's dominant hand and applies pressure until the dog is incapacitated (dogs have limited and weak muscles around the throat; they also have collapsible windpipes so this may not permanently harm the dog, only incapacitate it for a few minutes). The officer may push the dog down and pin it to the ground, still applying pressure to the throat and pushing with the less dominant hand/arm toward the back of the dog's throat (this may cause the grip of the jaw to loosen and allow the officer to free his hand/arm).

Subject Control/Arrest Techniques

- (b) The officer is overpowered and cannot push the dog away. The officer will pull the dog inward, grab the back of the dog's head or neck and hold the dog tight against the officer's body, drop to the ground and roll over to the side the dog is biting, pin the dog, attempt to apply pressure to the dog's throat and push with the less dominant hand/arm to the back of the dog's throat.
- (c) The officer uses his dominant hand/arm to strike the dog's neck, back or side, or the dog's throat, or the officer engages the use of a weapon against the dog.

Remember, mental preparation is important in any attack situation, but will be crucial if a bite is unavoidable.

- (2) The officer is able to avoid the initial strike and/or bite, but is unable to retreat and he must engage the dog in a physical confrontation. At this point the officer should:

NOTE: Show slide, "Dog Bites."

- (a) Punch, kick, or strike the dog on the top of the nose or snout, the neck (side or back), center mass of the body, or try to disable the legs.
- (b) Attempt to apply pressure to the throat from behind by extending arm around dog's neck then going to the ground, pinning the dog, and applying pressure on the neck until the dog is incapacitated or help arrives.

- c) Weapons

- (1) O.C. pepper spray

O.C. pepper spray has proven to be effective against canine attacks; however, as with humans, O.C.

Subject Control/Arrest Techniques

pepper spray will not work on every dog and in every situation. The eyes will be the most effective target for immediate incapacitation, but remember, O.C. pepper spray is not a brick wall and will not stop an attacking dog in its tracks. The officer must be able to move out of the line of attack. A trained attack dog may ignore the pain of the pepper spray and continue its attack. The officer should use the initial distraction to seek other options.

(2) Batons

Use of batons against a canine attack may be effective either as a defensive or an offensive weapon. As a defensive weapon the baton may be pointed, extended, or poked at the dog as a distraction to keep the dog at bay to allow the officer to get to a position of cover. As an offensive weapon the baton can be used to strike or jab the dog. Again, the officer must be able to move from the line of attack to initiate baton strikes or jabs. The vulnerable points of contact on the dog will be the nose or snout, the throat and neck (side and back--try to strike against the natural fur growth, this will help guide the baton to the weakest point of the dog's cervical spine), center mass of the body (vital organs), and legs (to disable further movement).

(3) Firearms

Officers must be realistic in their concept of using a handgun and possibly even a shotgun to disable an attacking dog. In most attack situations, the attack is unprovoked, unexpected, and imminent, and the officer will rarely have a chance to access his firearm. Even if the officer has the firearm out and pointed at the dog and has a clear shot without endangering bystanders, we must think of the size of the target. The officer trains on the firing range to shoot an immobile, silhouette target the size of a human. A dog that is attacking straight on will give the officer an average of less than three (3) seconds

Subject Control/Arrest Techniques

to shoot a three (3) to five (5) inch in diameter target that is moving up and down. Are you that good? A more realistic approach to using a firearm against an attacking dog would be for the officer to move from the line of attack and shoot center mass of the dog until the dog is incapacitated. The officer may have to continue moving around until the dog is stopped.

Note: You may have noticed that the head of a dog was not listed as a point of contact. Due to the thickness of a dog's skull, one contact to the head is not likely to incapacitate the dog.

(4) Objects used as weapons/tools

In several incidents you as a law enforcement officer are called upon to be resourceful and to use what is at hand to overcome and control a situation. This may be no different in a situation where there is a threat of a canine attack, whether inside or outside. Again, mental preparation will be very important.

(a) Clipboard

A part of the officer's everyday issued equipment, a clipboard in the hand of the officer can be used as a defensive and/or offensive weapon against a dog attack. As a defensive weapon the clipboard can be used as a shield. As the officer is moving out of the line of attack he will utilize the flat side of the clipboard to strike the face of the attacking dog, then use the edges or corners of the clipboard as a weapon (aiming for the areas discussed earlier, mainly the snout or side of neck). As the dog is distracted, or possibly even incapacitated, the officer may employ other options.

(b) Furniture

Subject Control/Arrest Techniques

Indoor or outdoor furniture may be used as a defensive or offensive weapon against a dog attack. For instance, a chair may be used as a shield and tool to guide the dog into a room or fenced-in area and out of the way. Remember, avoiding further contact with the animal may be in the best interest of the officer.

Note: These are only a couple of objects that could be used in defense against a canine attack. Be resourceful and be prepared for the unexpected.

III. Conclusion

A. Summary

During this block of instruction students have been introduced to several important areas of subject control and arrest techniques. Additionally, students have participated in practical exercises utilizing various control and arrest techniques. Specifically, the following areas were addressed:

1. The use of force
2. Pressure points as a control for certain levels of resistant behavior
3. Subject controls for various levels of assaultive and resistant behavior
4. Use of impact weapons
5. Use of aerosol/chemical weapons
6. Handcuffing and search techniques
7. Weapon retention and disarming techniques

NOTE: Show slides, “Training Objectives.”

B. Questions from Class

NOTE: Show slide, “Questions.”

Subject Control/Arrest Techniques

C. Closing Statement

Students should remember that law enforcement training in the area of defensive tactics is a high risk, as well as a potential high liability area. The various escapes, counter measures, controls, and strikes are designed as a means of self-defense and a means of subject control. They are not to be used as a method of punishment nor as a means to abuse any individual.

It is advised that all techniques instructed and demonstrated should be practiced slowly until the technique is mastered. Continual and on-going training in these techniques is also encouraged. This will enhance the confidence of the individual, especially if ever faced with a physical confrontation.

Subject Control/Arrest Techniques

NOTES

¹ Larry Smith, "Use of Force," *Use of Force Instructor Certification Manual* (Twin Lakes, WI: National Criminal Justice Training Council, March, 2002), 3.

² Craig W. Floyd, "It Ain't Exactly Like What You See on the TV," *American Police Beat*, Volume 10, Number 3, March 2003, 38.

³ *Graham v. Connor*, 490 U.S. 386, 1989.

⁴ U.S. Department of Homeland Security, *Use of Force* (Glynco, GA: Federal Law Enforcement Training Center, January 2006), 19.

⁵ Bruce Siddle, *PPCT Defensive Tactics Instructor Manual* (Milstadt, IL: PPCT Management Systems, 1994), 2-29.

⁶ *Ibid.*

⁷ George Demetriou, "Avoid Getting Your Clocked Cleaned," *The Law Enforcement Trainer*, July/August, 1999, 8-9.

⁸ *Ibid.*, 12.

⁹ *Ibid.*, 5-10 - 5-15.

¹⁰ *Ibid.*, 6-3 - 6-4.

¹¹ James Harbison, "Should You Use the Punch?" *Police*, September 2009, 48-53.

¹² Florida Department of Law Enforcement, *CMS Criminal Justice Defensive Tactics – FL BRT Curriculum, High Liability* (Tallahassee, FL: Florida Department of Law Enforcement, 2008), 234.

¹³ Ross Enamait, "How to Punch – Correct Techniques for Hard Jabs, Crosses, Hooks, and Uppercuts," *Men's Fitness*, February 2009, 140.

¹⁴ Tony Blauer, *Spontaneous Protection Enabling Accelerated Response (S.P.E.A.R.) System, Instructor Development Program* (Montreal, Canada: Blauer Tactical Systems, 2004).

¹⁵ *ASP Instructor Certification* (Appleton, WI: Armament Systems & Procedures, Inc., January 1996).

Subject Control/Arrest Techniques

¹⁶ International Association of Chiefs of Police, *Use of Handcuffs* Training Key #267 (IACP, 1978), 4.

¹⁷ “Law Enforcement Officers Killed and Assaulted” (Washington, DC: US Department of Justice, Federal Bureau of Investigation, 2005) [On-line] Available at: <http://www.fbi.gov/ucr/killed/2005/table14.htm> [April 2007].

¹⁸ Kevin Davis, “The Triad of Handgun Retention – How to Retain Your Sidearm and Save Your Own Life” (San Francisco, CA: Policeone.com, April 26, 2007) [On-line] Available at: [http://www.officer.com/web/online/On-the-Street/The-Triad-of-Handgun-Retention/21\\$35847](http://www.officer.com/web/online/On-the-Street/The-Triad-of-Handgun-Retention/21$35847) [April 2007].

¹⁹ Dave F. Cloutier, “Oleoresin Capsicum,” *Non-Lethal Use of Force* (Salemberg, NC: N. C. Justice Academy, 1993), 6.